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goodfood

April 2021
DHS15

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Middle East

**SLOW
COOKER
MEALS**

Wholesome
suppers for busy
weeknights

Ramadan special

- * Luxury hummus
- * Saffron butter chicken with date and couscous stuffing
- * Iftars and Suhoors in the city

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[simplykitchenstores](https://www.simplykitchenstores.com)

Welcome to April!

Whether you're cooking an indulgent feast for your family or making budget-friendly meals with pantry ingredients, there's plenty of inspiration in this issue to enhance your cooking experience.

Chef Tom Kerridge's Indian-inspired fakeaway menu (p34) is a great reason to save on takeout and recreate an aromatic meal at home. For stress-free suppers, turn on the slow cooker and try our selection of hearty stews – from honey mustard chicken thighs to lamb tagine, there's something for every day of the week (p56).

In celebration of Ramadan, we have a special collection of recipes that honour the region's culinary heritage. While I don't fast – I tried it once and have great respect for those who do – I love embracing the spirit of the season through reflecting and sharing. If you are looking to cook up a feast for close friends and family, turn to p38 for inspiration. Award-winning cookbook author Diana Henry showcases modern recipes that focus on this season's most delectable fruit, dates.

Do try our cover star from Veggie Showstoppers (p42) for nutritious additions to your table, and if you have the time, try making za'atar for dips (p52). If you're not in the mood to cook, or need a day off, reach for the accompanying Ramadan Guide for exquisite Iftar and Suhoor experiences in the city.

Wishing you and yours a blessed holy month.

Ramadan Kareem!



Nicola Monteath
Editor

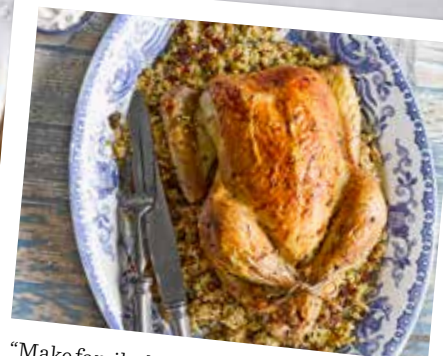
WHAT WE'RE LOVING!



"This simple chicken hummus bowl is incredibly easy to put together and ready in just 10 minutes!" says Sales manager, Liz.



Digital editor, Serena says: "I love pakoras, especially with a cup of tea. Usually made with potatoes or onions, I can't wait to try this nutritious spin on a classic"



"Make family dining at home extra special with this saffron butter chicken with date and couscous stuffing," says graphic designer, Froilan.



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Our recipe descriptions

- V** Suitable for vegetarians.
- ❄️** You can freeze it.
- 🔥** Not suitable for freezing.
- Easy** Simple recipes even beginners can make.
- A little effort** These require a bit more skill and confidence – such as making pastry.
- More of a challenge** Recipes aimed at experienced cooks.
- Low fat** 12g or less per portion.
- Low cal** 500 calories or less per main.

- Superhealthy** Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.
- Good for you** Low in saturated fat, low in salt.
- Heart healthy** Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.

Vit C **Iron** **Omega-3** **Calcium** **Folate** **Fibre**

Indicating recipes that are good sources of useful nutrients.

GLUTEN FREE Indicates a recipe is free from gluten.

Some recipes contain pork. They are clearly marked and are for non-Muslims only. Look for this symbol:

P Contains pork.

gf YOUR SAY

We love hearing from you!

BBC gf STAR LETTER



As a chef, I like to find new recipes and give them a try. Anything from snacks to dinners and desserts. I recently got a copy of *BBC Good Food Middle East* and I have been loving this magazine! All the recipes and pictures look amazing and I love how you include healthy food, weekend meals, brunch ideas and more. I also think the little tips on most recipes are so handy. There's a lot of variety, from tips on how to carry out a particular cooking process to how to save time by prepping a few

hours or even a day ahead. It means that even busy people can have a go at more complicated recipes. As well as tasty recipe ideas, there's also lots of information, teaching you how to lighten up recipes, which I think is fab, as education about nutrition is important. It's inspired me to get a bit more creative in the kitchen, instead of having the same boring family meals over and over again!

Roderick Hinampas



For someone working long hours in front of the computer, switching screens to leisurely read your digital print on a smartphone was intuitive and convenient. Oh, the food illustrations just made my cooking brain want to get into the kitchen right away. All your recipes from chilli oil egg noodles to date pudding offer well-guided instructions. In contrast, most recipes I read elsewhere inhibit people from mapping the journey in their minds.

Nayela Ashreen



I loved the *So Simple Fitness Program* story as I was looking for something of this sort to help me with managing my weight. I also loved the fact that it

provides nutritional meal plans, exercise routines, progress tracking and personal consultation. I also like the *Flavours of the Month* feature and found the *Easiest Ever Midweek Meals* very helpful, as I am too lazy to cook.

Galina Michael

WIN!

LAKELAND GIFT VOUCHER WORTH AED1,000

Lakeland is the home of creative kitchenware and ideas for around the home. These nifty products make everyday life easier and more enjoyable, whether you're cooking, baking, cleaning, doing the laundry, entertaining, or searching for the perfect gift. The kitchen is the heart of the home, and at Lakeland, you can find everything to help you prepare, serve and store proper homemade food. Household chores are accomplished quickly and without a hassle, with the brand's range of items on hand, each designed to perform brilliantly. Find Lakeland stores at Mall of The Emirates, Dubai Mall, and Dubai Marina Mall

To send in your Star Letter and win this prize, visit the Competitions page on bbcgoodfoodme.com



TALK TO US!

Email us on feedback@bbcgoodfoodme.com with your thoughts and comments, and send us your photos with your copy of *BBC Good Food ME!*

You can also connect with us on social media! Find us on:



Or, you could write to us at: The Editor, BBC Good Food Middle East, Grosvenor Business Tower, Barsha Heights, Office 804 PO Box 13700, Dubai, UAE.

top buy

From tableware to gourmet gifts, here's our list of most wanted items to make dining and entertaining all the more fun



Planning an intimate Suhoor with close friends? These stunning pieces from the Summer '21 collection will instantly glam up your table.

AED59 for a set of four Sadie mugs and AED52 for the Chinoiserie teapot at NEXT.



Add a touch of spring to your home with this vibrant vase and gorgeous trays.

AED25 for the vase and AED45 for the trays at Max.



Looking for the perfect gift for colleagues or family? This Prestige Coffret gift selection set includes decadent handmade cookies, Arabic sweets and dates, packed in a stunning three-drawer box complete with intricate details that are a nod to Persian textiles.

AED2,000 at Forrey & Galland.



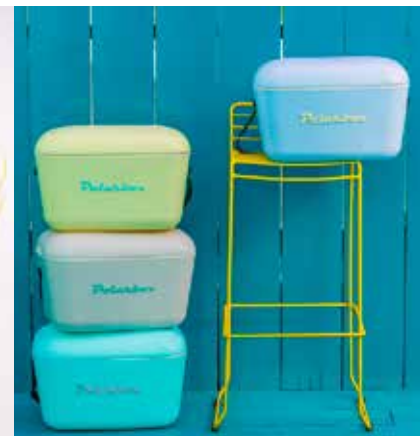
Shake up mocktails and serve it chilled in these Copper goblets (available as a set of two).

AED140 at bar-enthusiast.com.



This Oasis 18-piece new bone china dinner set is apt for Iftar and Suhoor gatherings at home. The retro print pattern offers a pop of colour to the table, seen through dinner plates, side plates and salad bowls.

AED249 at Home Centre.



Lugging around a cooler box is quite a task. But not with Polarbox! These retro portable coolers, in stunning sorbet hues, are ideal for beach days and picnics. Complemented by an elegant leather handle, the box keeps drinks and meals cold without giving up on style.

AED179 for the 12L and AED199 for the 20L at Simply Kitchen.



NEWS nibbles

What's hot and happening in the culinary world, in the UAE and across the Middle East



HASSLE-FREE MEALTIME

Cookbook author and culinary personality turned entrepreneur, Zahra Abdalla, has unveiled a frozen food range 'Made with Love' that's arrived just in time for Ramadan. An extension of the successful food concept, the new line Snacks & Nibbles features both traditional and modern Middle Eastern flavours seen in bites such as za'atar and cheese rolls, mini musakhan rolls, cheese and beef sambuseks and mini kibbeh balls.

Ready to order? Visit zahraskitchen.ae.



These 100% natural TNF fruit pulp bars are packed with protein, vitamins, minerals and antioxidants, and free from nuts, gluten, dairy, sugar and artificial colouring. High in fibre, these treats are ideal for children's lunchboxes or your gym bag and are available in flavours including strawberry, raspberry and apricot. The bars are sold as packs of 6, 12 and 21 pieces.

Available at Waitrose, Choitrams, Almaya and Spinneys or online at tnfme.com

SUPPORT LOCAL



Created by Angela Bishara after she experienced severe cases of reactive arthritis and Hashimoto's, the OhMyGold (also known as OMG) superfood blend comprises

pantry staples including turmeric, black pepper, ginger, cinnamon, cardamom and cloves, that aren't just nutrient-rich but also good for your body. This vegan, keto and paleo-friendly blend that's primarily consumed in the form of a latte, can be blended into hot tea and smoothies and promises to reduce inflammation, brighten your complexion, boost immunity, and support muscle and joint health.

AED68 per sachet. Available via Instagram (@omgturmeric) and ohmygold.ae.

THE BEST BITES

EASTER DELIGHTS



When life gives you lemons, sometimes, you just eat it as is. Especially, if it's this Waitrose Chocolate Lemon that's not meant to be squeezed. The white chocolate flavoured egg with zesty lemon is back, made using Fairtrade sourced cocoa.

AED25 at Waitrose.



Looking for fun alternatives to chocolate bunnies? Kibsons has everything from macarons and cupcakes to chocolate eggs and this fun chicken coop cookie kit. A great way to keep little ones occupied over spring break.

AED105 for the cookie kit. Available at kibsons.com.



Colin the Caterpillar is back in the form of a chocolate Easter egg, along with Marks & Spencer's first new face in almost 30 years, the Ombles. These cute and charmingly odd creatures are the latest addition to Marks & Spencer Food halls. Shop for these chocolate flake-smothered eggs and don't forget to add the newly launched Plant Kitchen vegan hot cross buns to your cart too.



Available at Marks & Spencer.



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CHEF MAROUN CHEDID

TOWARD ASPARAGUS

By Chef Maroun Chedid, Riyadh ⑧①

Ingredients

ASPARAGUS PUREE

1 liter water
20g rough salt
30g asparagus spears
3g capers
5g grilled almonds
2g fresh dill
0.5g black pepper
0.5g salt

BEETROOT JUICE REDUCTION

300g beetroot juice
3 cloves
5pcs star anise
20g ginger

BEETROOT HOLLANDAISE

3 eggs yolks
22g clarified European
butter
15g vegetable stock
22g beetroot juice
reduction
3g lemon juice
3g salt
2g white pepper

AKKAWI POWDER

40g Akkawi cheese

BEETROOT POWDER

50g beetroot, peeled

TILE RING

1pc spring rolls sheet
10g clarified European
butter

Assembly

5pcs asparagus
1pc braided asparagus

ASPARAGUS PUREE

1. Add the asparagus to salted boiling water for 4 minutes.
2. Drain, then roughly blend the asparagus in a food processor.
3. In a pestle and mortar, grind the grilled almonds, capers and dill.
4. Place the asparagus purée in a bowl and combine with the paste and season.

BEETROOT JUICE REDUCTION

1. Place all the ingredients into a large pan and simmer for 20 minutes.
2. Finely sieve the liquid, then return to the heat and allow to reduce to 30g.

BEETROOT HOLLANDAISE

1. In a bowl, whisk the egg yolks and vegetable stock. Then place over a bain-marie, whisking continually until frothy.
2. Remove the bowl from the heat and whisk in the clarified European butter.
3. Add the beetroot juice to reach the desired colour, add the lemon juice and season.



AKKAWI POWDER

1. Finely grate the cheese and place in a dehydrator at 50°C for 3 hours.
2. In a food processor, blitz the dried cheese into a powder on medium speed.

BEETROOT POWDER

1. Slice the beetroot using a mandolin (number one setting).
2. Place the slices in a dehydrator at 50°C for 15 hours.
3. When dried place in a food processor and blitz into a fine powder.

TILE RING

1. Layout the pastry sheet and brush both sides with clarified European butter.
2. Cut into 2cm rectangles, roll the sheet around a stainless-steel ring.
3. Bake at 150°C for 10-13 minutes.

ASSEMBLY

1. Place the braided asparagus in the center of the plate. Add the asparagus purée, cut the asparagus and dress in the ring.
2. Dress with beetroot hollandaise, sprinkle the asparagus with akkawi powder and dust the rim of the plate with beetroot powder.

Flavours of the *month*

What's hot and happening
around town this month

🍷 Roberto's

For centuries, Italians have been indulging in pre-dinner drinks, Aperitivo. This has become a ritual especially in the Northern part of Italy. Hotfoot to this DIFC establishment for a special Aperitivo experience that features Cicchetti - must-try small bites inspired by Italian cuisine, paired with creative concoctions, grape, non-alcoholic G&T and their newly launched Sober cocktails menu.

Saturday to Thursday from 4-8pm. Contact +9714 386 0066.

🌿 ZOCO



Nestled in the heart of Al Habtoor City, ZOCO has recently expanded its culinary offerings to include Latin American cuisines served in a way so innovative, its unlike anything diners have experienced before in the city. Food and service take centre stage at the new concept, where everything

comes together perfectly for diners to discover a cuisine that represents the country in every single dish. The modern Instagrammable venue boasts a shrine of all things Mexican and Latin American, with fresh seafood and citrus-packed dishes at the forefront, lending rustic flavours to dishes. The menu is built on age-old recipes and Latin America's rich culinary history. Expect a host of guacamole dishes, arepas, corn in cups, tacos, grills and signature specials from Mexico, Peru, Ecuador, Cuba, Argentina, Brazil, Venezuela, Guatemala and Colombia.

Contact +9714 437 0044

👨‍🍳 Le Petit Chef, Conrad Abu Dhabi Etihad Towers



Those looking for a one-of-a-kind dinner to impress a loved one, look no further than the theatrical Le Petit Chef at Ray's Grill. The interactive experience uses unique 3D mapping projection technology and clever visuals to create an immersive multi-sensory culinary performance. What

to expect? A thumb-sized chef projected on to your dining table. The little chef puts on quite the show, preparing your meal before your very eyes (with some comedic results at times!). This is the only activation of its kind currently on in the UAE, with only 32 covers and a maximum of four per table. As for the menu, choose from four Le Petit options - including one for vegetarians and young diners below six-years-old - with dishes including standout options such as confit duck leg farro and mushroom risotto; beef fillet soubise purée with baby carrots, peas and boulangère potatoes; and a nostalgic peach melba for dessert.

Tuesday-Saturday at 7-8:30pm and 9:30-11pm. From AED385 per person and AED295 for little ones. Contact +9712 811 5666.



Roberto's

Photographs SUPPLIED



Armani/Pavilion

Brace yourself for a culinary journey across the continents, as you break your fast at this lavish Iftar buffet. Diners are in for a treat, as the extensive spread features dishes from five award-winning restaurants including European classics, Indian curries and more, flavours from the Levant, contemporary Italian delights and all-time Japanese favourites. A meal apt for a group of family and friends, complemented by the gentle sounds of traditional seasonal music.

From sunset until 9pm daily. AED275 per person (inclusive of Ramadan juices). Contact +9714 888 3601.

Mijana, The Ritz-Carlton Abu Dhabi, Grand Canal Hideaway Hotel

A special à la carte menu is available for Suhoor at this gorgeous restaurant terrace. Feast on Arabian favourites such as lamb ouzi and mixed grills as you sit back and enjoy the view.

Contact +9712 818 8203.

Crust, Four Seasons Hotel Abu Dhabi at Al Maryah Island

An authentic Arabian experience awaits diners at this Iftar. There's something to suit every tastebud, with dish highlights including Emirati lamb ouzi, fish harra, prawn tikka masala, shish barrak and maamoul, to name a few.

AED210 per person. Contact +9712 333 2222.

PizzaExpress



Diners are invited to a relaxed Iftar experience that includes a welcome drink of fresh dates and apple juice with raspberry purée, rose water and lemon juice. Once you break your fast, tuck into a starter of your choice with options including king prawns tossed with garlic

oil, broccolini, roquito peppers, roasted mixed peppers, pomodoro sauce and chilli oil parsley; or bite into their signature dough balls served with garlic butter. For entrées, try the spaghetti gamberoni piccante (King prawns with broccoli, dill, garlic and red chilli in a spicy creamy sauce). An impressive vanilla and lemon cheesecake topped with dark chocolate crisp brûlée, served with raspberry coulis, offers the perfect end to this meal.

AED55 per person throughout PizzaExpress restaurants and AED65 at Jazz@PizzaExpress.

Shore House, The Ritz-Carlton Ras Al Khaimah, Al Hamra Beach



The spirit of Ramadan comes alive at this Iftar experience ideal for families. White sands and the shimmering sea make the perfect backdrop while you savour assorted mezze, baby spinach and quinoa salad, a mix grill platter and desserts such as Umm Ali, Arabic sweets, and fresh fruits and dates.

AED175 per person. Contact +9717 204 8888.

Besh, Sheraton Mall of the Emirates

Gather your family and friends for a lavish Iftar at Besh Turkish Kitchen. The buffet spread features Turkish and International flavours showcasing wholesome, light dishes, hot and cold mezze, salads and delicious pides and grills. Come dessert time, head to Vantage Terrace for decadent sweet treats matched with stunning views of the Dubai skyline and iconic Burj Khalifa in the distance.

Contact +9714 377 2353.



Dukes The Palm, A Royal Hideaway Hotel

Uninterrupted views of the Dubai skyline impress diners at this award-winning restaurant. Indulge in North Indian cuisine from the Mughal era with a set menu comprising light lentil broth to begin with, followed by starters including keema seekh kebab (grilled spicy minced lamb), mildly spiced chicken kebabs, tandoor grilled cottage cheese and vegetable pakoras (crunchy batter-fried bites). For entrées, relish Khyber's special butter chicken alongside other aromatic dishes including lamb cooked with Kashmiri red chilli, yogurt and cashew; deep-fried baby potatoes in a moreish gravy; and paneer in tomato and cream sauce, to name a few. Don't miss the rasmalai (soft cottage cheese with reduced milk and saffron), shahi tukra (bread pudding) and sheer khurma (roasted vermicelli pudding). An Indian and Arabic set menu is also available comprising mezze, chicken tagine and baked fish, amongst other entrées and signature Arabic desserts such as halawet el-jebin and kadayif.

AED140 per person (inclusive of soft beverages and Ramadan juices). Kids (7-12 years old) get 50 per cent off and children below 6-years-old dine free of charge. Contact +9714 455 1111.

Seasons, Pullman Dubai Jumeirah Lakes Towers

Enjoy a delectable Iftar with loved ones at this all-day dining restaurant. A wide array of Arabian dishes will be served to the table, showcasing the usual hot and cold mezze as well as regional specialties such as lamb ouzi, maghmour, or a mixed grill.

AED99 for early bookings and AED129 per person. Contact +9714 567 1159.

ILA Restaurant and Cafe

Watch the sunset at this eatery in Al Seef, while you quench your thirst with Ramadan drinks. The Iftar menu features lentil or vegetable soup, fattoush, cheese and spring rolls and vine leaves for appetisers. Sharing-style platters are then brought over to the table, comprising mixed grills, mozhah with Arabic rice, molokhia, tagine with okra and meat, chicken cream, seafood, and Arabic veal with rice. Plenty of other options are available too, catering to all palates. Finish the meal with scrumptious Arabic pudding.

From AED69 per person. Contact +9714 358 5822.

Tried & tasted

Our top dining experiences this month



COYA DUBAI

Take your spirit of adventure along as you make your way to the vibrant COYA Iftar featuring rustic fusion food with flavours from Africa, Spain, Japan and China. The Latin-American restaurant has curated a delectable, nutritional set menu for the holy month, that offers vegetarian and gluten-free choices too.

We took in the gorgeous sight of lush greenery and ambient lighting in a cosy (albeit socially distanced) setting, upon arrival. A main fixture in the dining space is the gorgeous art-adorned walls, and after being seated at our table, we were pleasantly surprised to discover hidden drawers in our chairs where we could place our masks or other small items. This little touch left our table free for the Iftar spread we came for.

The highlights:

Break your fast with plump, absolutely juicy Sukkari dates, followed by guacamole, freshly prepared at your table, served with corn tortillas and shrimp crackers. You can take your pick between the Sopa de Tomate y Aji Rocoto with vine tomatoes and herb oil, or Crema de Calabaza comprising cream of pumpkin with manchego cheese and sweetcorn powder. Between the two of us, my dining partner and I tried both and were enthralled with the depth of flavour and innovative textures in each bowl.

The sharing-style appetizers feature Setas Anticuchos (forest mushrooms with Peruvian red pepper and parsley); cucumber and green apple brought to life with miso, coriander, sesame oil and almonds; and kale salad topped with candied walnuts, goji, manchego

and dried cranberry. Each dish was packed with robust flavours, but the one that stole the show was the Setas Anticuchos. The meaty taste of the mushroom perfectly complemented the tanginess of the marinade.

The Iftar goes on to include a choice of sumptuous mains, catering to vegetarian, seafood and meat lovers. Choose from a Peruvian dried potato with cauliflower, celeriac and aji amarillo; the Arroz Nikkei, Chilean sea bass over rice, lime and chilli; corn fed baby chicken with aji panca, beef ribs with miso and aji limo; or char-grilled sea bream fillet with tamarillo and aji panca. Each dish is paired with crispy potatoes topped with a delectable spicy tomato and huancaína sauce. If you're unsure what to order, we highly recommend the Arroz Nikkei. The

dish came together perfectly, merging the mellow flavours of the rice with the texture of the sea bass.

An indulgent dessert awaits diners, which we will keep as a surprise. What we will reveal, is that it gets its finishing touch at the table and is definitely Insta-worthy.

The verdict:

An Iftar menu that offers hearty and nourishing dishes, filled with vibrant flavours, fresh greens and juicy meats.

Book now: April 12 to May 12. Dine-in from sunset to 7:30pm; pre-order for in-house restaurant delivery (for four diners) until 4pm or through Deliveroo for two-three diners. AED230 per person. Contact +9714 316 9600.





TORNO SUBITO, W DUBAI – THE PALM

Expect to be pleasantly astounded as you walk into Torno Subito. The reason we say this is because the dining concept is not what you may have in mind when you think of a fine dining eatery by Michelin-starred Chef Massimo Bottura. Here, the concept is a reflection of the chef's vibrant personality, seen through the eclectic décor, Polaroids hanging from the ceiling, bold and vibrant furniture and an artsy wall adorned with amusing prints of the chef. You find yourself amidst an almost avant-garde sense of style.

Torno Subito is designed to take diners back to the sophisticated, relaxed 1960's Italian Riviera. A place that chef Massimo often visited with his mother and sister, when he was younger. Instead of our usual dinner reservation, this time around we decided to try Torno Sabato, the retro Saturday afternoon affair of sharing-style plates and free-flowing beverages.

The highlights:

Before we begin, we must admit that we loved every single dish served at the table. Each serving was gorgeously plated; the food was divine, the aromas whet my appetite, and the dessert, well, let's just go into all of it below.

We were incredibly fortunate to have visited on the Saturday that the restaurant's very own creative mastermind, Massimo Bottura was in town. The limited-edition special lunch was part of the Chefs' three unforgettable dining experiences, hosted alongside Torno Subito's Chef de Cuisine Bernardo Paladini.

We settled in and embraced the gorgeous views looking out to the magnificent Atlantis the Palm on one side and the stunning Dubai coastline on the other end.

The menu changes every few weeks, offering diners something distinctive upon every visit. The meal begins with a basket of freshly baked bread with olive oil. We ate a lot of bread – rookie mistake! This was followed by a platter of melt-in-your-mouth, crumbed and crispy-fried cheese, that was quickly devoured. The staff were quick and efficient with swapping out empty dishes for new bites and next up was a deli-style, made better, rosemary focaccia club sandwich.

A spread of Merluzzo soon followed, initiating the entrées course. This dish came with careful instructions from our lovely server, who informed us that we'd be slurping the sauce with a spoon and I have to say that she was right. The flavours of the orange and yogurt, and the aroma of the citrus essence, married perfectly. Furthermore, the smokiness of the carrots offered a welcoming addition to the wild codfish. The risotto that followed was pure comfort food, served with an interesting spin of thinly sliced cuttlefish, lemon and bottarga, while the Milanese o Bolognese (braised veal tenderloin) was tender with a bit of crunch that was highly appreciated and paired strikingly with the tartar sauce, roasted potato and tomato salad.

Our dessert plates carried a caramel and banana mousse, Tonka beans ice cream and salted chocolate crumble. A clean bite brimming with full-bodied notes. Although we were bursting out of

our seams by then, we polished our plates in minutes.

For those dining in the weeks to follow, you can look forward to pappa al pomodoro, a thick bread soup typically with tomatoes, olive oil, garlic and basil, hot and cold appetizers; Pasta alla Norma (mezzi paccheri pasta, eggplant, basil tomatoes and salted ricotta); and a marinated wagyu flank steak with potato purée, glazed red onion and balsamic vinegar. End your meal with Tre Cioccolati - dark, milk and salted caramel in diverse consistencies.

The verdict:

Picture a laid-back Saturday lunch, al fresco dining in the garden with your family as you exchange stories and laughs. All while there's magic happening in the kitchen with the aroma of comfort, home cooking wafting through the air. Live la dolce vita at Torno Subito.

Book now:

Saturdays from 1-4pm. AED279 per person (inclusive of soft beverages) and AED399 per person (inclusive of house beverages). Contact +9714 245 5800.

COOKING PROJECT

Chicken stock



A supply of chicken stock in your fridge or freezer can make the difference between an average dinner and a fantastic one. It's the saving

grace when you need to pack flavour into soups, stews and risottos, so it's a skill that budding home cooks should learn. Spend a slow afternoon allowing a pot to simmer

away, and with very little hands-on time you'll have a rich and flavoursome stock. It's easy to double or even triple the recipe, too, if you want to make a batch for freezing.

Chicken stock

MAKES about 1 litre **PREP** 5 mins
COOK 3 hrs **MORE EFFORT** ✨

1kg chicken carcasses or wings
1 carrot, cut into chunks
1 onion, skin on, cut into quarters
1 leek, cut into chunks
1 stick of celery, cut into chunks
1 garlic clove, bashed
2 parsley stalks, 2 sprigs of thyme
and 1 bay leaf, tied with string
5 peppercorns
1 clove

Put all the ingredients in a large saucepan with a pinch of salt, then cover with 2 litres of cold water. Bring to the boil, then reduce to a simmer and cook for 3 hrs. Keep a ladle near your saucepan and skim off the scum that floats to the surface every half an hour and discard. Pass the stock through a sieve before use in a recipe. *Will keep in glass jars in the fridge for a week and for three months in the freezer in a freezer-proof container.*

GOOD TO KNOW healthy • gluten free
PER 100ML SERVING 18 kcals • fat 1g • saturates 0.3g •
carbs 0.4g • sugars 0.3g • fibre 0.3g • protein 1.5g •
salt 0.1g



Simply search
'chicken stock' at
bbcgoodfoodme.com
for recipe
ideas

HOW TO USE MY STOCK?

● Pot-roast a chicken

Pot-roasting a chicken is a fantastic method of preparation. It means slow-cooking it in the stock, which turns the meat soft and tender, just to the point when it starts to fall off the bone. Using homemade stock adds all the more flavour. Try our Spring one-pot roast chicken at: bbcgoodfoodme.com/recipes/spring-one-pot-roast-chicken/

● Add to a soup

A simple soup can easily be pepped up by good stock – and remember, even if your soup recipe says to use vegetable stock, as long as you're not vegetarian, you can always swap it for chicken. Make a simple broth or noodle soup, or try our curried rice soup made with shredded roast chicken and coconut milk. You'll find it at: bbcgoodfoodme.com/recipes/creamy-curry-chicken-rice-soup

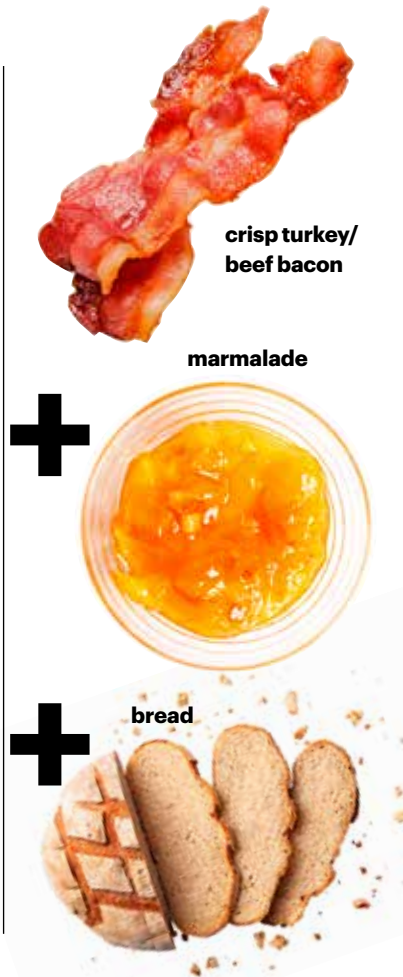
● Braise vegetables

Ditch tasteless boiled veg and instead, braise in homemade chicken stock until tender. The veg will soak up the deep savoury flavour of the chicken, so you shouldn't need extra seasoning. Fennel, pointed spring cabbage and long-stem broccoli work well. Or make boulangère potatoes (bbcgoodfoodme.com/recipes/boulangere-potatoes), a moreish side of thinly sliced potatoes, onions, thyme and stock.



STAY
HOME
LOVE
COOKING
goodfood

SURPRISING FLAVOUR COMBINATIONS

YES IT WORKS!

Try ditching the ketchup and spread a little marmalade in your next bacon sarnie. It works because the bitter, sweet notes of the fruit offset the salty bacon.

CLEVER KITCHEN HACKS

The molasses in brown sugars can cause the grains to clump together if a pack is left unsealed. In that event, tip the sugar into a bowl, lay a damp sheet of kitchen paper over the top and cover the bowl with a plate. Microwave in 10-second blasts until the sugar is soft again. You can do this over and over, but if you store it in a tightly sealed container it should remain free-flowing.



MYTH BUSTER

Cooking pasta

THE MYTH
YOU NEED TO BOIL PASTA
IN THE BIGGEST PAN
YOU'VE GOT

BARNEY SAYS Every good cook knows that starchy pasta cooking water is the secret to a silky pasta sauce, right? It's the game-changer that turns a bit of parmesan and pepper into a sauce that you could swear was made with cream – and if you're not using it yet, you need to start now. The less water you use the starchier the water will be, so the better it is to marry the pasta with

the sauce. If you're worried about your pasta sticking, don't be. It just needs to be stirred for the first five minutes of cooking – it doesn't matter how much water you use as long as there's enough for the pasta to move freely. I find that about three times the volume of water to pasta is ideal for short shapes. Long pasta, like spaghetti, can be cooked in a wide shallow pan of water.



A RAMADAN TO REMEMBER AT THE ST. REGIS SAADIYAT ISLAND RESORT

From tranquil beachfront vibes to impeccable culinary offerings, The St. Regis Saadiyat Island Resort's upcoming Ramadan experiences are specifically designed for you and your loved ones



Sumptuous Iftar at Olea

Gather your friends and family for a memorable Iftar experience at The St. Regis Saadiyat Island Resort's spectacular Olea restaurant. Panoramic views of the Arabian Gulf, comfortable indoor seating and a gorgeous terrace for al fresco dining make up the Mediterranean-inspired Olea.

Break your fast with traditional Arabic and Mediterranean dishes. The menu traverses the globe in search of the finest flavours, from aromatic Sri Lankan delicacies to authentic Greek spiced walnut cake. The Olea experience takes you on an international voyage that encompasses signature classics and innovative contemporary dishes. Begin with a diverse selection of starters that includes fresh lobster kibbeh, crisp paneer pakora, Moroccan spiced quail wrapped in vine leaves and tender, marinated baby aubergines.

Make your way around the serving stations dedicated to Mediterranean, Arabic, Indian, Pakistani and Sri Lankan cuisine for mains and don't miss the 12-hour, slow-cooked wagyu beef and grilled veal tenderloin with cherry tomatoes, leek, fennel and micro-greens, for tantalising flavours. Seafood lovers will relish the seven-spiced crispy salmon, sea bream Niçoise and sayadieh of cod, while the galouti tawa kebab, Levant-style baby lamb with almond rice and butter chicken are enticing prospects, too. Polish off your meal with an assortment of Turkish, Greek, Moroccan and Italian desserts or head to the signature date station for Ramadan's favourite treats.

From sunset to 11pm. AED250 per person. Children aged 6 to 12-years-old dine at AED125, and those below the age of 6 dine for free.

Suhoor on the beach

The Gulf's most idyllic stretch of coast makes for a stunning backdrop at this serene al fresco Suhoor. Boasting an enticing menu, expect delectable dishes with Arabic and Mediterranean influences. Take a seat at the refined beach lounge setting, listen to the waves lapping at the shore, and tuck into a la carte menu favourites such as a nutritious beetroot and labneh salad jar, delicately spiced crusted calamari, Australian Angus beef sliders or chicken shish wrap with zingy garlic yogurt. A decadent ricotta kunafa roll with pistachio ice cream and sticky date pudding with tahini ice cream ensure a decadent sweet end.

From 8pm to 1am. Shisha services are available.

Your Ramadan Treat

Escape to The St. Regis Saadiyat Island Resort for this special stay offer that includes access to the gym, pool and beach facilities, a delicious Iftar experience, and the immaculate St. Regis Butler Service.

The offer is available throughout Ramadan from AED1,150.

MAKE A RESERVATION

Contact +9712 498 8888 and email restaurant.saadiyat@stregis.com or reservations.saadiyat@stregis.com.

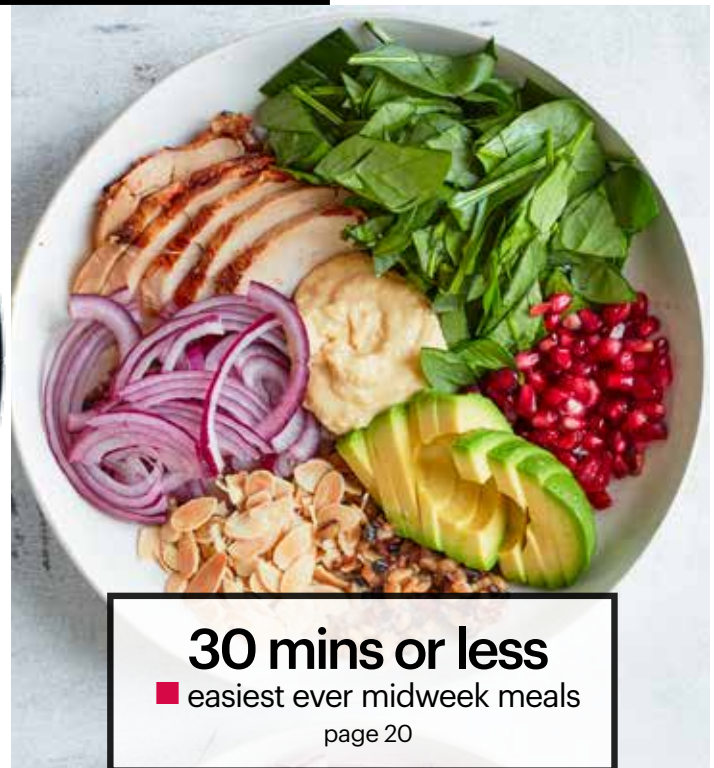
easy

Delicious, simple,
and easy-to-
make recipes



weeknight pudding

■ custard classic
page 26



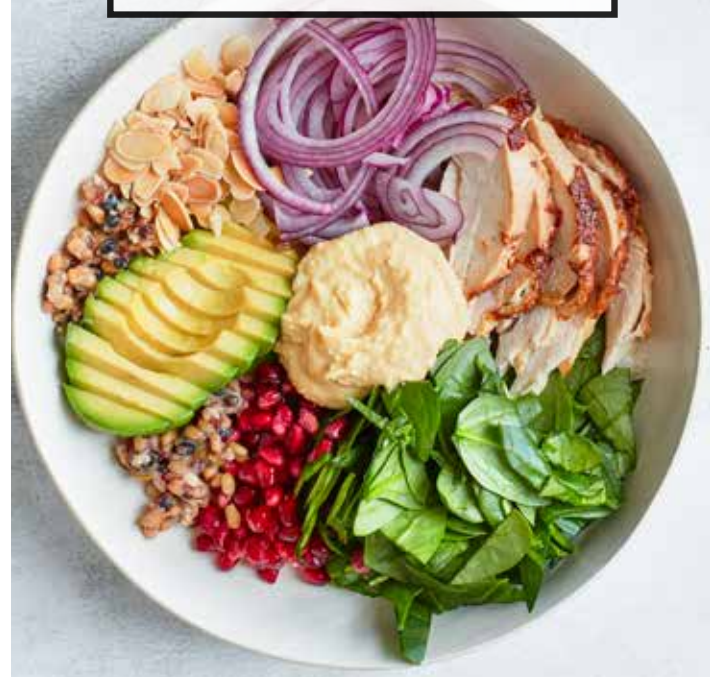
30 mins or less

■ easiest ever midweek meals
page 20



waste less food

■ page 30





YOUR ONE-STOP DESTINATION

Media One Hotel invites you and your friends for fun after-work catchups, weekend vibes and everything in between. Hotfoot to these local favourites for creative concoctions and delectable bites from Executive Chef Candice Walker



Sited at the heart of Dubai Media City, this trendy hotel with its distinct restaurants and bars has become a go-to spot for those in the vicinity and surrounding neighbourhoods. From the moment you step into the venue, your attention is immediately captured by playful slogans, fun décor (yes, they currently have their monkey lamps in masks), catchy signs and a thrilling ambience.

Qwerty

On your right, as you step through revolving doors at the hotel's main entrance, is a hybrid pub, bar and restaurant (or, gastro bar) featuring tongue in cheek expressions,



creative sheep-phones, media-inspired menus and fun artwork combining historical paintings with iconic album and magazine covers.

Tuck into exquisite brasserie-style and International-cuisine plates from Executive Chef Candice Walker's new menu; or skip away on a

weekday for business lunch with your colleagues. After work, Qwerty comes to life with Madmen Mondays for the city's slickest gentlemen and Flirty Qwerty Tuesdays for the lovely ladies.

Biz-lunch on Sundays to Thursdays from 12-3pm. Mad Men Mondays from 6-8pm at AED49 per person (inclusive of two beverages and a bite). Flirty Qwerty Tuesdays from 6-10pm at AED99 per person (inclusive of three beverages and a main).

caféM

Who says breakfast meetings have to be limited to just coffee and pastries? Gather your workmates for a hearty breakfast at caféM. The eatery, which boasts relaxed lounge seating indoors and terrace seating, offers a wholesome salad-style bar with six options that change daily, alongside soup and freshly baked buns.



Tuesday and Thursday evenings are for grape and cheese. Mid-week date night or weekend plans anyone? Indulge in varieties of classic grape and cheese for a whole three hours. You can also opt for the bubbly package for a special occasion.

Scoop & Soup (salad-style lunch), daily at AED45 per person. Cheese and Grape Night on Tuesday and Thursday from 6-9pm at AED169 per person (cheese and grape) and AED199 per person (cheese and bubbly).

garden on 8

Picture this, a large space with an intimate indoor vibe and a spectacular rooftop terrace. That's garden on 8, the ideal spot for post-work tête-à-tête with the mates, live sports on giant screens, special occasions and lazy weekend shenanigans.

Enjoy your favourite hops with succulent barbeque bites, juicy burgers, freshly baked pizzas, and crunchy nachos with all the works. Craving chicken, beef or lamb roast? Don't miss the Garden Roast special served with all the trimmings.



Garden Roast on Saturdays from 12-10pm and Sundays from 4-10pm at AED99 per person. Steak Night on Mondays from 6-10pm at AED99 per person.

Coco Lounge

There's nothing like a relaxed day by the pool with a chilled beverage in hand. Make a beeline for Coco Lounge to soak up the sun or cool off at the welcoming pool. This Japanese and Latin themed rooftop eatery is decked out with fairy light adorned palm trees, transforming the fun daytime venue into a glamorous lounge. Enjoy beverages at discounted prices during daily happy hour, dine on appetising small plates or visit the lounge on set days of the week for special menus.



Maki Mondays from 5-9pm at AED99 per person (inclusive of unlimited maki rolls). Taco Tuesdays from 5pm-late at AED149 per person for two hours (inclusive of unlimited tacos and lemon-infused concoctions). Ladies Night Wednesdays from 6pm-late at AED99 per person (inclusive of unlimited flatbread and three beverages). Sunset Thursdays at AED169 per person (inclusive of food, beverages and a shisha).

For more information, visit mediaonehotel.com



30 mins or less

easiest ever midweek meals


These simple dinners can be on the table in 30 mins or under – they're perfect weekday dishes for all the family

recipes CASSIE BEST

photographs STUART OVENDEN

Smoky chickpeas on toast

SERVES 2 **PREP** 2 mins

COOK 10 mins **EASY** 

 chickpeas only

1 tsp olive or vegetable oil, plus a drizzle

1 small onion or banana shallot, chopped

2 tsp chipotle paste

250ml passata

400g can chickpeas, drained

2 tsp honey

2 tsp red grape vinegar

2-4 slices good crusty bread

2 eggs

■ Heat $\frac{1}{2}$ tsp of the oil in a pan. Tip in the onion and cook until soft, about 5-8 mins, then add the chipotle paste, passata, chickpeas, honey and vinegar. Season and bubble for 5 mins.

■ Toast the bread and fry the eggs in the remaining oil in a frying pan. Drizzle the toast with a little oil, then top with the chickpeas and fried eggs.

GOOD TO KNOW healthy • low cal • fibre • 2 of 5-a-day

PER SERVING 423 kcs • fat 15g • saturates 3g • carbs 45g • sugars 15g • fibre 9g • protein 22g • salt 0.7g

Creamy garlic, lemon & spinach salmon

SERVES 2 **PREP** 5 mins

COOK 15 mins **EASY**

2 sweet potatoes
1 tbsp olive or rapeseed oil
2 salmon fillets, skin removed
2 garlic cloves, thinly sliced
170g baby spinach
1 lemon, zested and
½ juiced, ½ thinly sliced
75g mascarpone
5 tbsp milk

■ Heat oven to 200C/180C fan/gas 6. Pierce the sweet potatoes a few times each and microwave on high for 5 mins until soft (alternatively, bake for 35-40 mins). Keep warm until ready to serve.

■ Heat half the oil in a frying pan and lightly brown the salmon on both sides – don't worry about it being cooked through at this point. Transfer the salmon to a plate, wipe out the pan and heat the remaining oil. Cook the garlic for 30 seconds, without letting it brown, then add the spinach, lemon juice and zest and some seasoning. Stir in the

mascarpone and 2 tbsp of the milk and cook until the spinach has wilted.

■ Tip the spinach mix into an ovenproof dish and top with the lemon slices and salmon. Bake for 5-8 mins until the salmon is cooked through.


■ Meanwhile, scoop the sweet potato flesh from the skins and mash with the remaining milk and some seasoning. Serve alongside the salmon and creamy spinach.

GOOD TO KNOW calcium • folate • fibre • vit c • omega-3 • 2 of 5-a-day • gluten free

PER SERVING 721 kcal • fat 44g • saturates 16g • carbs 34g • sugars 19g • fibre 7g • protein 43g • salt 0.5g



Enchilada pie

SERVES 2 **PREP** 5 mins
COOK 20 mins **EASY** 

1 tbsp vegetable or rapeseed oil
2 peppers, any colour you like, sliced
1 red onion, halved and sliced
400g mixed beans, drained
2 tbsp fajita spice mix
400g can chopped tomatoes
small bunch coriander, chopped
4 corn tortillas
100g low-fat soured cream
30g grated cheddar

■ Heat the oil in a pan. Fry the peppers and onion until soft, about 10 mins. Add the beans, fajita spice mix, chopped tomatoes and some seasoning. Bubble for 5 mins to reduce the tomatoes a little. Stir in most of the coriander. Heat the grill and warm the tortillas in the microwave for 30 seconds.

■ Spread a quarter of the pepper and onion mixture over the base of an ovenproof dish (a round one, if

possible) or frying pan. Top with some of the soured cream, then repeat the layers three more times, finishing with a final layer of soured cream. Sprinkle over the cheese and grill for 5 mins, or until golden and bubbling. Scatter with the remaining coriander before serving.

GOOD TO KNOW calcium • folate • fibre • vit c •
4 of 5-a-day

PER SERVING 609 kials • fat 22g • saturates 8g
• carbs 76g • sugars 26g • fibre 14g • protein 19g
• salt 3.1g





Lamb & quinoa burgers with beetroot tzatziki

SERVES 4 **PREP** 10 mins

COOK 20 mins **EASY**

✳️ patties only

50g quinoa
300g (3 or 4) cooked, vacuum-packed beetroot (not in vinegar), drained
250g natural yogurt
small bunch mint, chopped
500g lamb mince
small bunch dill, chopped
½ tbsp oil, for cooking (optional)
2 large carrots, peeled and grated

1 large or 2 small red onions, halved and finely sliced
wraps, burger buns or pitta bread, to serve

■ Cook the quinoa in plenty of boiling water for 10-15 mins (don't worry if it still has a little bite), then drain well and leave to cool. Grate the beetroot and mix with the yogurt, half the mint and some seasoning. Chill until ready to serve.

■ Use your hands to squash together the quinoa, lamb, the remaining mint, half the dill and some seasoning. Shape into four burgers. Heat a large frying pan (if it's

non-stick, you won't need oil as the lamb mince is already fatty; otherwise, add a drizzle of oil). Cook the burgers for 5-8 mins on each side until they have a nice golden crust and are cooked through. Rest for a few mins.

■ Mix the carrots, red onions and the remaining dill in a bowl. Pile onto the warm wraps or buns, or into the pitta breads. Top with the burgers and a dollop of beetroot tzatziki.

GOOD TO KNOW calcium • folate • fibre • 2 of 5-a-day

• gluten free

PER SERVING 425 kcals • fat 20g • saturates 9g • carbs 27g • sugars 19g • fibre 6g • protein 32g • salt 0.6g



Quick chicken hummus bowl

SERVES 2 PREP 10 mins
NO COOK EASY

200g hummus
1 small lemon, zested and juiced
200g pouch cooked mixed grains
(we used red rice & quinoa)
150g baby spinach, roughly
chopped
1 small avocado, halved and sliced
1 cooked chicken breast, sliced at
an angle
100g pomegranate seeds
½ red onion, finely sliced
2 tbsp toasted almonds

■ Mix 2 tbsp of the hummus with half the lemon juice, the lemon zest and enough water to make a drizzly dressing. Squeeze the grain pouch to separate the grains, then divide between two shallow bowls and toss through the dressing. Top each bowl with a handful of the spinach.

■ Squeeze the remaining lemon juice over the avocado halves, then add one half to each bowl. Divide the chicken, pomegranate seeds, onion, almonds and remaining hummus between the two bowls and gently mix everything together just before eating.

GOOD TO KNOW healthy • folate • fibre • vit c
• 3 of 5-a-day

PER SERVING 779 kcal • fat 47g • saturates 4g
• carbs 49g • sugars 10g • fibre 14g • protein 34g
• salt 1.0g





Caponata pasta

SERVES 4 PREP 2 mins

COOK 18 mins EASY V

4 tbsp olive oil (or use the oil from your chargrilled veg, see below)
1 large onion, finely chopped
4 garlic cloves, finely sliced
250g chargrilled Mediterranean veg (peppers and aubergines, if possible) from a jar, pot or deli counter, drained if in oil (you can use this oil in place of the olive oil) and roughly chopped
400g can chopped tomatoes

1 tbsp small capers
2 tbsp raisins
350g rigatoni, penne or another short pasta shape
bunch basil, leaves picked
parmesan (or vegetarian alternative) shaved, to serve

■ Heat the oil in a large pan and cook the onion for 8-10 mins until starting to caramelise (or for longer if you have time – the sweeter the better). Add the garlic for the final 2 mins of cooking time.

■ Tip in the mixed veg, tomatoes, capers and raisins. Season well and

simmer, uncovered, for 10 mins, or until you have a rich sauce.

■ Meanwhile, boil the kettle. Pour the kettleful of water into a large pan with a little salt and bring back to the boil. Add the pasta and cook until tender with a little bite, then drain, reserving some of the pasta water. Tip the pasta into the sauce, adding a splash of pasta water if it needs loosening. Scatter with the basil leaves and parmesan, if you like, and serve straight from the pan.

GOOD TO KNOW fibre • 3 of 5-a-day

PER SERVING 542 kcal • fat 14g • saturates 2g • carbs 85g • sugars 21g • fibre 9g • protein 14g • salt 0.5g



weeknight pudding

custard classic

End dinner on a retro note with this kitsch pud – it's simple enough to make midweek, and is super-comforting

recipe LIBERTY MENDEZ *photograph* MIKE ENGLISH

Manchester tart

Very few things beat my love of custard tarts, and this delicious version is a game-changer. The classic custard filling is paired with crisp desiccated coconut and raspberry jam, plus a sweet scattering of cherries.

SERVES 12 **PREP** 25 mins plus
around 4 hrs chilling and cooling
COOK 25 mins **EASY** **V**

175g raspberry jam
50g desiccated coconut,
lightly toasted
12 maraschino cherries

For the pastry

200g plain flour
100g cold unsalted butter,
cut into cubes
65g icing sugar
1 large egg yolk

For the custard

800ml whole milk
2 tsp vanilla bean paste
5 large egg yolks
100g caster sugar
50g custard powder

1 To make the pastry, put the flour and butter in a bowl and rub with your fingertips until the mixture resembles breadcrumbs. Mix in the sugar and a pinch of salt, followed by the egg yolk, and bring it together into a dough. If the pastry is too dry to come together, add 1-2 tbsp cold water. Tip onto a work surface and form into a rough ball. Knead briefly.

2 Roll the pastry out between two sheets of baking parchment into a roughly 28cm circle. Chill for 20-30 mins until firm, then use it to line a 23cm tart tin. Push the pastry into the corners, then trim the edge so there's 1-2cm pastry overhanging the rim (don't worry if it breaks slightly, as it can be patched with any off-cuts). Prick the pastry base several times with a fork, then chill for 45 mins. Heat the oven to 200C/180C fan/gas 6.

3 Line the chilled pastry case with a sheet of baking parchment, then fill to the top with baking beans, uncooked rice or lentils. Bake for 15 mins, then remove the beans and parchment and bake for 10-15 mins more until the pastry is golden brown. Leave to cool in the tin, then trim the excess pastry using a small serrated knife.

4 Meanwhile, make the custard. Bring the milk and vanilla to the boil in a large saucepan over a medium heat. Beat the egg yolks, caster sugar and custard powder together in a medium bowl until well combined.

5 Slowly pour the hot milk mixture over the egg mixture, whisking continuously until everything is smooth and well combined. Tip the custard mixture back into the pan and cook over a medium-low heat, stirring continuously, for 2-3 mins until very thick. Remove from the heat and leave to cool slightly.

6 Spread the jam over the base of the cooled pastry case. Carefully pour over the custard and smooth with the back of a spoon or spatula. Sprinkle over the coconut and dot the maraschino cherries around the edge in a circle. Chill for 2-3 hrs, or until set.

PER SERVING 342 kcs • fat 15g • saturates 9g
• carbs 46g • sugars 29g • fibre 2g • protein 6g •
salt 0.1g



For more family sweet treats go to bbcgoodfoodme.com/collections/easy-pudding/





SUSTAINABLE HOME COOKING

Executive Chef Anees Ansari recently unveiled the Chef's Garden at The Ritz-Carlton Ras Al Khaimah, Al Wadi Desert. The 450 square metre garden, sited near the resort's all-day dining restaurant Kaheela, now produces fresh herbs and vegetables used in dishes served at the venue.

Here, Chef Ansari shares a wholesome sea bass tagine for Iftar at home



Sea bass Tagine

SERVES 1 PREP 20 mins COOK 40-50 mins

120g local sea bass fillet
 10g carrots, sliced
 20g mixed bell peppers, cut into strips
 15g baby fennel, sliced
 20g fresh tomato, sliced
 10g parsley, finely chopped
 10g coriander, finely chopped
 ¼ tsp paprika
 ¼ tsp cumin powder
 ¼ tsp turmeric powder
 2 garlic cloves

10g preserved lemon, sliced
 20ml lemon juice
 1 bay leaf
 50ml olive oil
 Salt, to taste
 30g green olives

1. Crush the garlic cloves and add the finely chopped herbs, olive oil, salt, lemon juice and all other spices.
2. Marinate the sea bass in the herb marinade for 20 mins.
3. In a tagine bowl, apply little oil at the base. Arrange the fennel at the bottom and add carrots, tomatoes, marinated fish, bell peppers and the olives.
4. Pour the remaining marinade onto this layer, add bay leaf and cover. Cook the tagine for about 45 mins.
5. Serve the dish piping hot with Moroccan bread or couscous on the side.

waste less food

use up your leftovers

We do our best to waste as little food as possible in our test kitchen. Here's how you can do the same this month

USE UP MARMALADE

Orange marmalade polenta cake

This is a great option if you've made marmalade and it won't all fit in the jar, or you just need to use up the last of it to clear some cupboard space.

Line a 23cm cake tin with baking parchment. Beat **250g butter** and **250g sugar** with an electric whisk. Beat in **4 eggs**, one at a time, followed by **140g polenta**, **200g plain flour**, **2 tsp baking powder**, the **zest of 1 orange** and **2-4 tbsp marmalade**. Spoon into

the tin and bake for 45 mins at 160C/140C fan/gas 3 until a skewer inserted into the middle comes out clean. Leave to cool slightly on a wire rack. Tip the **juice of 1 orange** into the marmalade pan (if you've made your own), heat gently, and drizzle over the just-warm cake.





WHAT TO DO WITH...

Half a celeriac

Celeriac & mustard mash

Peel $\frac{1}{2}$ **celeriac**, chop into chunks, and tip into a pan of salted water with the same weight of **potatoes**, chopped into chunks. Simmer for about 10 mins until just soft, then drain. Mash with **butter** and **milk** or some leftover **cream**, if you have it. Stir in some **mustard** to taste, then season and serve.

Curried celeriac soup

Peel $\frac{1}{2}$ **celeriac**, chop into chunks, and fry in some **butter** with **1 chopped onion** until softened. Stir in some **curry powder**. Cover with **hot vegetable** or **chicken stock**, bring to the boil, then reduce the heat to a simmer and cook for 15 mins until the veg is soft. Blitz in a blender with some leftover **cream** (if you have it) until smooth. Reheat and serve scattered with leftover herbs, such as **coriander** or **thyme**.

'Shaved' celeriac salad

Peel $\frac{1}{2}$ **celeriac**, then shave into strips using a vegetable peeler. Toss with some **lemon juice**, **olive oil** and **mustard**. Serve as is, or add some **hazelnuts** or **walnuts** and toss with **rocket**.

Celeriac cheese steaks

Peel $\frac{1}{2}$ **celeriac** and cut into thick slices. Lay in a roasting tin, drizzle with **olive oil** and roast at 200C/180C fan/gas 6 for 35 mins until just brown and tender. Scatter over some **grated cheese** and roast for 5 mins more until the cheese has melted.

GOOD FOOD & SUSTAINABILITY

At BBC Good Food Middle East, we seek realistic solutions to avoid food waste and packaging, and adhere to the three Rs: 1) Reducing food waste 2) Recycling packaging 3) Reusing food storage packaging and containers.

5 ways to use leftover natural yogurt

**1 Fluffy scones**

If a scone recipe calls for buttermilk, you can replace it with yogurt. Simply loosen the yogurt with 1 tbsp milk before using.

2 Meat marinade

Mix the yogurt with ground turmeric, grated ginger and garlic, season well, and use as a marinade for chicken thighs. Yogurt tenderises the meat, allowing the flavours to penetrate.

**3 Flatbreads or pizza bases**

Mix equal quantities of natural yogurt and self-raising flour with a pinch of salt to make the dough. Press or roll into a flat disc, then use as a pizza base. Or, cook for a few minutes on each side in a dry frying pan until puffed and browned, then brush with garlic butter and serve with a curry.

Smoothie lollies

4 Blitz leftover yogurt with any fruit that needs to be used up, such as bananas or berries. Spoon into lolly moulds and freeze, or loosen with a little milk and enjoy as a smoothie.

Yogurt, tahini & honey dressing

5 Mix **4 tbsp natural yogurt** with **2 tbsp extra virgin olive oil**, **1 tbsp tahini**, **1 small garlic clove**, grated, the **zest and juice of $\frac{1}{2}$ lemon** and **2 tsp honey** to make a dressing for roasted aubergines, salads, kofta or falafel.

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WEEKEND

Mouthwatering dishes to dig into with your family and friends



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FAKEAWAY FEAST

TOM'S TAKEAWAY

Treat the family to BBC chef and Good Food Podcast host **Tom Kerridge's** favourite Indian-inspired menu

photographs JONATHAN GREGSON

We're blessed to have some fantastic Indian restaurants. The chefs are like alchemists, combining spices to make new, beautifully balanced flavours. But, whenever I eat something I love, I won't sit still until I've got to the bottom of what makes it so amazing and I'm happy with my own version. Always being open to new ideas and techniques is how you keep things fresh and evolve your cooking, whether that's at home or in a restaurant. So, here's my desert island Indian-inspired menu – it's what I cooked at home when all the restaurants had to close during lockdown in 2020. All of it can be made ahead, and I made most of it based on what I had available in the kitchen. As they say, necessity is the mother of invention.

- Tom

Quick & puffy flatbreads

Lamb bhuna



Tom Kerridge is a BBC presenter and chef-owner of The Hand and Flowers, The Coach and The Butcher's Tap in Marlow, Kerridge's Bar & Grill at The Corinthia Hotel, London, and The Bull & Bear in Manchester. Listen to the Good Food Podcast to hear Tom talk to host Orlando Murrin about recipes and cooking tips. It's released each Wednesday, with a bonus recipe cookalong on the following Saturday. Listen at bbcgoodfood.com/podcast or download at Acast, Spotify, iTunes or other podcast streaming services. [Twitter](https://twitter.com/ChefTomKerridge) [Instagram](https://www.instagram.com/ChefTomKerridge) @ChefTomKerridge



Paneer & chickpea fry



Carrot pakoras

FAKEAWAY MENU FOR FOUR

Carrot pakoras

Lamb bhuna

Paneer & chickpea fry

Quick & puffy flatbreads

Carrot pakoras

An absolute taste and texture sensation, pakoras are my favourite way of using up bits of limp veg from the salad drawer – broccoli, cauliflower, green beans, courgettes and cabbage would all be welcome here. Gram (chickpea) flour is traditionally used, but I only had cornflour – it makes them even crispier.

MAKES 4 small or 8 large
PREP 10 mins **COOK** 15 mins
EASY V

3 medium carrots, coarsely grated lengthways
2 shallots or 1 onion, finely sliced
25g coriander, roughly chopped
1 tsp ground turmeric
1 tsp cumin seeds
pinch of hot chilli powder (optional)
1 egg, beaten
100g cornflour
sunflower oil, for deep-frying

To serve

100g natural yogurt
2 tbsp lime pickle (roughly chop if it's too chunky)
small handful of mint leaves, roughly chopped

1 Tip the carrots and shallots or onion into a colander set over a sink, and toss with 1 tsp sea salt. Leave to wilt for 10 mins. Meanwhile, for the dip, combine the yogurt, pickle and mint. Chill until ready to use.

2 When the vegetables have wilted, wrap in a clean tea towel and squeeze out any excess water. Tip into a bowl along with the coriander, spices and egg, and mix well. Add the cornflour and stir until all the veg is evenly coated in thick batter – it's important that all the cornflour is mixed in properly.

3 Fill a deep, wide pan no more than two-thirds full of oil and heat to 180C, or until a cube of bread dropped in browns in 20 seconds. Working in batches, carefully lower in two spoonfuls of the pakora mix at a time, well spaced apart, and fry for 2 mins on one side, then 1-2 mins more on the other side until golden and crisp. Transfer to kitchen paper using a slotted spoon to drain. Serve hot with the dip.

GOOD TO KNOW 1 of 5-a-day • gluten free
PER SERVING 265 kcal • fat 14g • saturates 2g • carbs 30g • sugars 7g • fibre 3g • protein 4g • salt 1.5g

Lamb bhuna

Slow-cooked curries are better when made a day or two ahead, so the flavours have time to develop.

SERVES 4 **PREP** 30 mins plus at least 1 hr marinating **COOK** 1 hr 40 mins
MORE EFFORT *

600g lamb neck fillet or shoulder, cut into large chunks

For the marinade

6 garlic cloves, finely grated
thumb-sized piece of ginger, peeled and finely grated
2 tbsp malt vinegar
½ tsp ground cinnamon
1 tbsp sunflower oil

For the sauce

3 tbsp sunflower oil, plus a little extra if needed
2 onions, finely chopped
10 curry leaves
2 dried chillies, or ½ tsp chilli flakes
1 tsp each cumin seeds, mustard seeds and ground coriander
½ tsp fenugreek seeds or ground fenugreek
1 tbsp tomato purée
400g can chopped tomatoes
1 tsp garam masala

1 To make the marinade, combine the ingredients with a large pinch of salt in a large bowl. Toss in the lamb, cover and marinate for 1 hr at room temperature, or chill overnight.

2 For the sauce, heat the oil in a flameproof casserole and fry the onions for 10 mins, stirring until soft and golden. Drizzle in more oil if the pan gets dry. Add the curry leaves and chillies and fry for a few minutes, then add the spices and cook for 5 mins more until the onions start to caramelize.

3 Tip in the lamb along with the marinade and turn the heat to high. Cook, stirring, for 5 mins until the lamb browns. Add the tomato purée and cook for 1 min, then stir in the tomatoes and 100ml water. Bring to a simmer, reduce the heat, cover and cook, stirring now and then, for 1 hr 20 mins until the lamb is tender.

4 Uncover and cook for 8-10 mins more until the sauce has reduced and thickened. Remove from the heat, stir in the garam masala and season. *Will keep chilled for up to three days or frozen for two months.*

GOOD TO KNOW iron • 2 of 5-a-day
PER SERVING 455 kcal • fat 31g • saturates 10g • carbs 12g • sugars 9g • fibre 4g • protein 31g • salt 0.5g

Paneer & chickpea fry

Paneer is one of my favourite Indian ingredients, and this method of stir-frying is the best way of cooking it, in my opinion. The paneer, onions and spices always stay the same, but what I add to the dish depends on what I've got. Chickpeas are a great storecupboard ingredient, and add so much to the dish.

SERVES 4 **PREP** 10 mins
COOK 20 mins **EASY** V

2 tbsp ghee (or use sunflower oil or butter)
250g paneer, cut into cubes
1 onion, sliced
3 garlic cloves, chopped
1 tsp ground turmeric
½ tsp chilli powder
½ tsp cardamom seeds
1 red chilli, sliced
5 curry leaves
1 green pepper, cut into large chunks
400g can chickpeas, drained
½ bunch of coriander, roughly chopped

For the onion pickle

½ lemon, juiced
½ red onion, sliced

1 First, make the pickle. Combine the lemon juice, onion and a pinch of salt in a small bowl. Set aside.

2 Heat half the ghee in a frying pan and fry the paneer for 10 mins, stirring until lightly brown and crisp on all sides. Scoop out onto a plate using a slotted spoon.

3 Heat the rest of the ghee in the pan over a high heat, and fry the onions for 5 mins until starting to brown at the edges. Add the garlic, turmeric, chilli powder, cardamom seeds, chilli, curry leaves and pepper, and stir-fry for 5 mins until the onions are caramelized. Return the paneer to the pan along with the chickpeas and a large splash of water, and simmer everything for 5 mins until the liquid has evaporated and the mixture is sticky. Season with salt, then spoon into a dish and top with the coriander and pickled onions.

GOOD TO KNOW calcium • fibre • vit c • 2 of 5-a-day
PER SERVING 382 kcal • fat 25g • saturates 14g • carbs 16g • sugars 5g • fibre 6g • protein 22g • salt 0.1g



“

Lamb neck is a cut of meat I absolutely love. The layers of fat render down slowly, adding lovely richness to curry

”



Quick & puffy flatbreads

I'm not going to call these naan breads, because I know they're not, but they're like a cheat's version – I make these when I need naan breads quickly. I'm giving you my most basic version, but I also sometimes brush them with melted butter, fold them and roll out again to make them puff up in the pan.

MAKES 4 large or 6-8 small

PREP 15 mins **COOK** 10-15 mins

EASY V

300g self-raising flour, plus extra for dusting
 ½ tsp baking powder
 150g natural yogurt
 1 tbsp vegetable oil
 melted ghee or butter, for brushing
 cumin seeds, chopped garlic cloves, chopped coriander or chopped chillies (optional)

- 1 Combine the flour, baking powder, yogurt and oil with 1 tsp salt and 2 tbsp water, and bring together into a rough dough. Tip onto a lightly floured surface and knead for a few minutes until slightly smooth, then divide into four to eight pieces, depending on the size of flatbread you want.
- 2 Heat a heavy-based frying pan over a high heat. To make basic flatbreads, roll the dough pieces out on a lightly floured surface into rough ovals, then fry for 1-2 mins on each side until golden and slightly charred in spots. Alternatively, roll the dough pieces out, brush with a little melted ghee or butter, and scatter over the cumin seeds, garlic, coriander or chillies, if you like. Fold each piece of dough over on itself, then roll out again into a rough oval and cook in the same way.
- 3 Brush the flatbreads with a little melted butter or ghee, then serve.

GOOD TO KNOW calcium

PER SERVING (4) 328 kcal • fat 5g • saturates 1g • carbs 60g • sugars 3g • fibre 3g • protein 9g • salt 2.1g



Catch up on Tom's recent appearance on BBC Radio 4's *Saturday Live* programme, where he talks about his award-winning pub *The Hand and Flowers* in Marlow and his campaign to save British pubs. Search *Saturday Live* Tom Kerridge on BBC Sounds.



DIANA HENRY

SWEET DATES

Diana Henry showcases this sticky fruit in savoury recipes including a stuffed roast chicken and pan-fried mackerel

recipes DIANA HENRY *photographs* SAM STOWELL

It's hard to believe that dates are fruit. They seem more of a sweet meat. Bite into one and the flesh collapses like soft fudge, and it's just as sugary.

As a child I thought of dates much as I did raisins, something squidgy to put into the cakes that I wasn't, at that time, particularly fond of, like date and walnut loaf – workaday cakes, sensible cakes. Dates were bought in square blocks wrapped in clear plastic. Sometimes my mum would shave off a few slivers to eat while she was watching the telly. Later, at school, I had apple, date and walnut sandwiches in my lunch box. It seems an odd filling, but it was lovely against salty butter and brown bread.

When I discovered Middle Eastern food I saw dates in a very different way. They were no longer for sweet dishes but provided a contrast to savoury ingredients in Moroccan tagines. Dates are especially good in lamb tagine, and jewelled stuffings for chickens and lamb shoulders. So much of the food of North Africa plays on a sweet-savoury balance and dates are perfect against preserved lemons, chickpeas, aubergines, feta and yogurt. The problem, when cooking with them, is getting the balance right. Too many dates and a dish is cloying. I make an onion and date relish to eat with hummus but it only takes a little, plus some chopped preserved lemon, and you have an extra special snack. It's the same with salads.

I use chopped dates a lot in Middle Eastern-inspired salads, but you have to chop them finely and separate the chunks so they don't stick together.

Date syrup, which is made by boiling dates, puréeing them and squeezing out the liquid, has become more available recently and has to be used carefully for the same reason. A thin drizzle is good on purées of garlicky beans and aubergine. You need just enough to have your mouth revel in the contrast.

Thousands of varieties of dates are grown in the Middle East and North Africa but only a few types make their way here, mainly medjool and deglet nour. Deglet nour means 'fingers of light', the most beautiful name for a fruit I've ever heard. Deglet nour are paler than medjools, like amber and almost translucent, which is perhaps how they got their name. Medjool dates are like big fat ebony beads.

The Talmud, the Qur'an and the Bible all use dates to signify abundance and fertility, and while we might think of dates simply as something sweet, those who live in deserts regard them as life-giving. The date palm can survive in the desert where nothing else flourishes, sustaining Bedouins who have been known to exist for long periods simply on dates and camel milk. There's a saying that the Bedouin spend their lives looking for the 'two black ones', water and dates. For some, they're as fundamental in life as bread.



Good Food contributing editor Diana Henry is an award-winning food writer. Her latest book is *From the Oven to the Table*, (Mitchell Beazley). For more of Diana's recipes, go to bbcgoodfoodme.com.

  @dianahenryfood



Feta, date & spinach
pastries, p40

Feta, date & spinach pastries

While this isn't a traditional recipe, it exploits the contrast of sweet and savoury that is prominent in the food of some Middle Eastern countries. A little chopped preserved lemon can also be added to the stuffing.

MAKES 14-16 PREP 45 mins plus cooling COOK 45 mins EASY V

500g spinach, any coarse stalks removed
115g butter
1 tbsp olive oil
½ small onion, finely chopped
2 garlic cloves, crushed
4 spring onions, finely chopped
8 dates, stoned and finely chopped
½ small bunch of parsley, leaves finely chopped
8 mint sprigs, leaves torn
25g toasted pine nuts
150g feta, crumbled

1 medium egg, lightly beaten
250g pack filo pastry sheets
black sesame seeds, for sprinkling

1 Put the spinach in a pan with 2 tbsp water over a low-medium heat and cover. Stir the spinach a couple of times until wilted, about 4 mins, then drain. When cool enough to handle, firmly squeeze the excess water from the spinach with your hands, then roughly chop.
2 Heat 10g of the butter and all of the oil in a large frying pan. Add the onion and cook over a medium-low heat until pale and softened. Add the drained spinach and garlic, season and cook for about 5 mins, stirring occasionally. Leave to cool.
3 Transfer the spinach mixture to a bowl, then mix in the spring onions, dates, parsley, mint, pine nuts, feta and egg. Season.
4 Heat the oven to 190C/170C fan/gas 5. Unroll the filo pastry and cut it into strips 9-10cm wide. Melt the

rest of the butter, then brush one strip with some of it before putting another strip on top and brushing that too. Keep the remaining pastry covered with a tea towel as you work. Put two heaped teaspoonfuls of the filling at the end of the strip nearest to you. Fold the bottom corner of the pastry diagonally over the filling, so that what was the bottom edge now meets the right-hand edge of the pastry. Fold over the filled triangle and keep going like this with the whole strip, brushing with butter as you go, until you have a neat triangular filo package. Repeat the process with all the pastry and filling. Brush the top of each one with butter, then put onto baking sheets. Sprinkle with the black sesame seeds and bake for 25-30 mins, or until the pastry is golden brown.

PER SERVING 166 kcal • fat 11g • saturates 5g • carbs 12g • sugars 3g • fibre 1g • protein 5g • salt 0.5g

Saffron butter chicken with date & couscous stuffing

A simple dish of roast chicken is elevated here by a rich stuffing. The saffron butter doesn't just look beautiful, it also gives the dish a complex flavour. If you don't like saffron but you're happy to add a bit of heat, use a little ground cayenne pepper instead.

SERVES 6 PREP 20 mins plus resting COOK 1 hr 40 mins EASY

30g butter
1 small onion, finely chopped
2 garlic cloves, finely chopped
1 tsp ground cumin
½ tsp ground ginger
1 red chilli, halved, deseeded and chopped
150g couscous
250ml hot chicken stock
40g dates, pitted and chopped
30g dried barberries

25g walnuts, roughly chopped
10g coriander, chopped
10g parsley, chopped
8 spring onions, finely chopped
2kg whole chicken
Greek yogurt and green salad, to serve (optional)
For the saffron butter
30g unsalted butter
pinch of saffron threads

1 Heat the oven to 200C/180C fan/gas 6. Melt half the butter in a pan over a medium heat and fry the onion until soft. Add the garlic, cumin, ginger and chilli, and cook for 2 mins more. Stir in the couscous, then pour over the stock and tip in the dates and barberries. Turn off the heat, cover and leave for 15 mins for the couscous to absorb the liquid.
2 Use a fork to stir the walnuts, herbs and spring onions through the couscous. Leave to cool.
3 Stuff the chicken with the cooled couscous mixture, pushing it well

into the cavity. Let the excess spill out into the tin, then slide it under the chicken to act as a trivet. Rub the remaining butter all over the chicken. Season, then roast for 1 hr 15 mins. Keep an eye on it and if the couscous stuffing that's spilled out is getting too dark, cover it with foil.
4 To make the saffron butter, melt the unsalted butter, then add a generous pinch of saffron and let this sit for about 30 mins, to allow the butter to be properly infused. About 10 mins before the end of the cooking time, pour over the chicken. Serve with Greek yogurt and a green salad, if you like.

PER SERVING 660 kcal • fat 37g • saturates 14g • carbs 28g • sugars 9g • fibre 3g • protein 52g • salt 0.8g



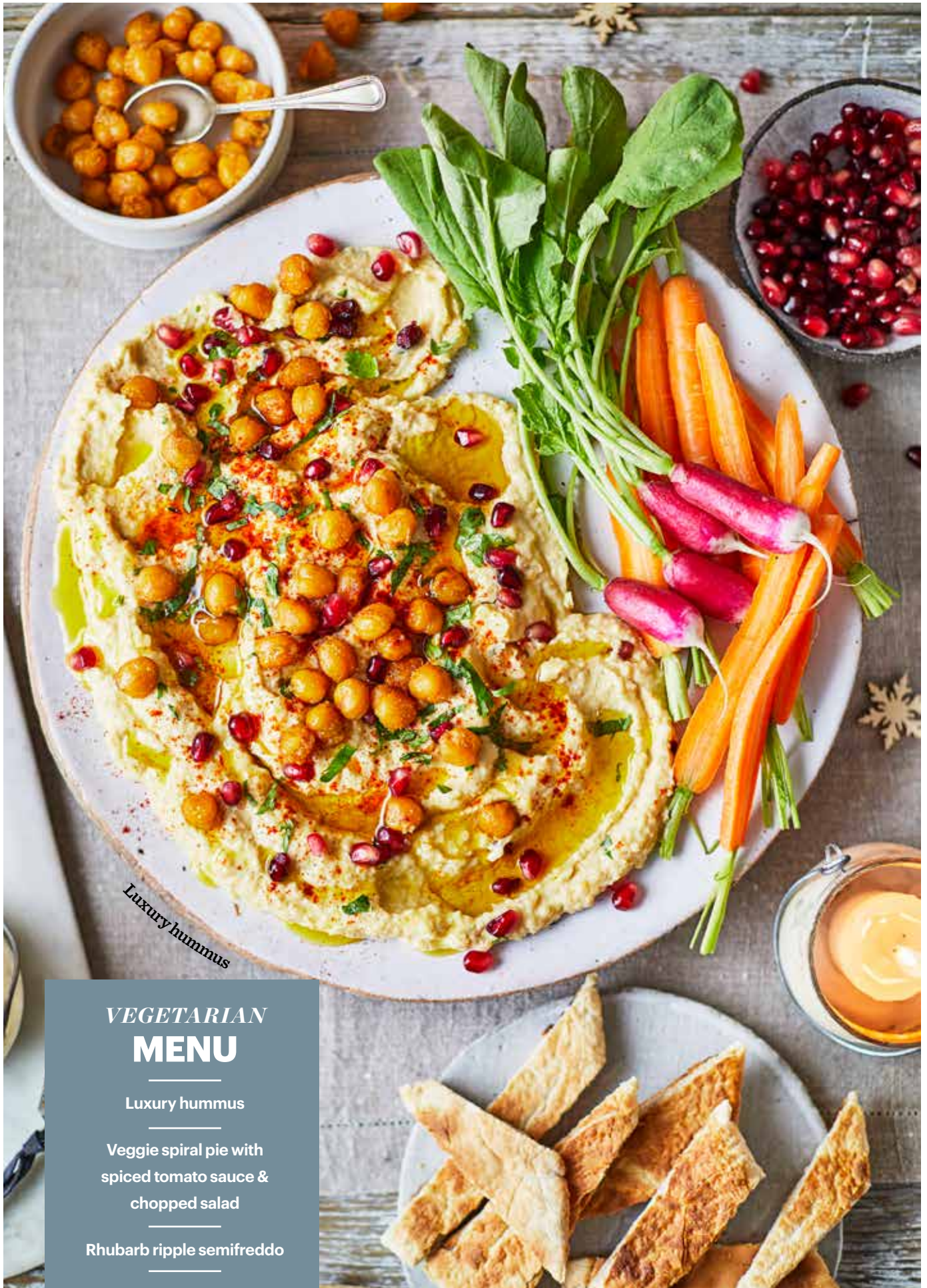
VEGETARIAN MENU FOR 8

veggie showstopper

This meat-free menu is packed with exotic herbs for an explosion of flavour



Veggie spiral pie with spiced tomato sauce & chopped salad



VEGETARIAN MENU

Luxury hummus

Veggie spiral pie with
spiced tomato sauce &
chopped salad

Rhubarb ripple semifreddo

Luxury hummus

Use good-quality chickpeas to give this vegan hummus a really silky feel. Dips make perfect, easy party food to serve with crudités and warm pittas.

SERVES 8 PREP 20 mins
COOK 5 mins EASY V

700g chickpeas, drained
135ml extra virgin olive oil, plus extra for drizzling
2 garlic cloves, roughly chopped
1 tbsp tahini
1½ lemons, juiced
For the toppings
½ tsp smoked paprika
½ tsp sumac
½ small pack parsley, roughly chopped
40g pomegranate seeds
crudités or warm pittas, to serve

1 Blitz $\frac{3}{4}$ of the chickpeas and 120ml of the oil with the rest of the hummus ingredients and a good amount of seasoning using a food processor. Add a little water if it is too thick. Spoon the hummus into a serving bowl or spread it onto a plate. *Can be made up to two days in advance and kept in the fridge.*

2 Dry the rest of the chickpeas on kitchen paper as much as possible. Heat the remaining oil in a frying pan over a medium heat. Add the chickpeas and a large pinch of salt, and fry until golden, around 4 mins. Drain on kitchen paper.

3 Drizzle some oil over the hummus, then sprinkle with the spices, parsley and pomegranate seeds. Scatter the fried chickpeas on top and serve with crudités or warm pittas.

GOOD TO KNOW vegan • 1 of 5-a-day
PER SERVING 242 kcal • fat 20g • saturates 3g • carbs 10g • sugars 1g • fibre 4g • protein 5g • salt 0.4g

Veggie spiral pie with spiced tomato sauce & chopped salad

A savoury twist on Moroccan m'hanncha, meaning 'snake', because it's coiled.

SERVES 8-10 PREP 50 mins COOK 1 hr 30 mins plus cooling A CHALLENGE V

1 tbsp cumin seeds
1 tbsp coriander seeds
3 tbsp olive or rapeseed oil
2 onions, halved and thinly sliced
100g green lentils
300g basmati rice
4 garlic cloves, crushed
1 whole nutmeg, for grating
½ tsp ground turmeric
½ tsp allspice
400g spinach
small bunch dill, finely chopped
small bunch parsley, finely chopped
small bunch mint, finely chopped
2 lemons zested, 1 juiced
200g feta (check the label if vegetarian)
2 x 270g packs filo pastry (12 sheets in total)
100g butter, melted
1 egg, beaten
1 tsp black or regular sesame seeds
Greek yogurt, to serve
For the tomato sauce
2 x 400g cans chopped tomatoes
1 tbsp red wine vinegar
2 tsp sugar (any will do)
1 tsp ground cinnamon
2 tbsp olive oil
For the salad
1 cucumber
1 onion, finely chopped
2 large tomatoes, finely chopped
handful parsley, chopped
1 tbsp red wine vinegar
2 tbsp extra virgin olive oil

1 Heat a large saucepan, tip in the cumin and coriander seeds and toast for a few mins until fragrant and they turn a shade darker, then grind to a fine powder using a pestle and mortar. Add the oil to the pan, then tip in the onions and cook slowly until golden and caramelised, around 15-20 mins. Meanwhile, bring two pans of water to the boil. Add the lentils to one and cook for 20 mins. Put the rice and a pinch of salt in the other and cook for 5 mins. Drain both pans, and leave the lentils and rice to steam-dry.

2 Stir the garlic into the onions and cook for 1-2 mins over a low heat. Add the ground spices to the onion mixture. Grate half of the nutmeg and add to the onions with the turmeric and allspice.

3 Put the spinach in a colander in the sink, pour over a kettle of boiling water, then rinse under cold water. Use your hands to squeeze out as much liquid as possible. Finely chop the spinach and add to the onions with the herbs, lemon zest and juice and the rice, lentils and plenty of seasoning. Leave to cool. Crumble the feta, then stir it through the mix.

4 To assemble the pie, you'll need about 1 metre of space on your worktop. Unwrap the filo and cover with a damp tea towel. Have your bowls of melted butter and beaten egg to hand, as well as a pastry brush for each. Working quickly, lay 4 sheets of filo end to end, running along the length of your work surface, and butter each piece generously, overlapping each sheet by about 10cm. Top with another 4 sheets, butter well, then repeat with 3 final sheets of filo (save the last one to cover any cracks later on).

5 Spoon the rice filling down the centre of the filo, leaving 5cm free on either end. Brush the egg around the edges and tuck the ends in to cover the filling. Starting from one end, roll the filo over the filling, working your way along until you have a long filo sausage. From one end, start to coil the sausage back on itself – if the pastry cracks, patch over the hole with your reserved piece of filo. When the coil is complete, slide onto a tray lined with baking parchment, brush the top with beaten egg and sprinkle over the sesame seeds. You can now cover it loosely and chill for up to 24 hrs.

6 Heat oven to 200C/180C fan/gas 6. Place the pie on the middle shelf and bake for 45 mins until golden and crisp. Meanwhile, tip all the ingredients for the tomato sauce into a pan, season and bubble for 30 mins until rich and thick.

7 For the salad, halve the cucumber through the centre, then cut in half lengthways and chop into small cubes. Put in a bowl, add the remaining ingredients and season well.

8 Remove the pie from the oven and leave to cool for at least 20 mins before serving with the tomato sauce, salad and a bowl of plain yogurt, if you like.

GOOD TO KNOW calcium • folate • fibre • vit c • iron
PER SERVING 545 kcal • fat 24g • saturates 10g • carbs 63g • sugars 9g • fibre 6g • protein 17g • salt 1.6g

Rhubarb ripple semifreddo

Make the most of seasonal rhubarb in this make-ahead dinner party dessert.

SERVES 8-10 **PREP** 20 mins

COOK 15 mins plus about 3 hrs freezing **MORE EFFORT** **V**

200g rhubarb, chopped
100g caster sugar
3 tbsp ginger cordial
4 eggs, separated
100g icing sugar
300ml double cream
50g ready-made meringues,
broken into pieces
25g crystallised ginger, to serve

1 Line a 900g loaf tin with baking parchment. Put the rhubarb in a medium-sized saucepan with the caster sugar, cordial and 2 tbsp water. Heat gently until the sugar has dissolved, then simmer for 10-15 mins or until the rhubarb is soft but holds its shape. Pour into a heatproof jug and leave to cool.

2 Whisk the egg whites in a bowl until stiff. In another bowl, whisk the yolks with the icing sugar until they're pale and starting to thicken. In a third bowl, whip the cream until thick. Fold the yolk mixture into the whipped cream until well combined, then fold in the egg whites and half the meringue pieces.

3 Gently spoon a third of the cream mixture into the prepared tin and freeze for 20-30 mins or until just set (keep the rest of it in the fridge). Once set, take the tin out of the freezer and pour in half the cooked rhubarb. Reserve a little for decorating later, if you like. Top with another third of the cream mixture and return to the freezer for another 30 mins. Once set, add the other half of rhubarb, followed by a final layer of cream. Cover and put it back in the freezer for 2 hrs to firm up.

4 Turn out onto a serving plate and peel away the parchment. Decorate with any rhubarb you may have reserved, the remaining meringue and crystallised ginger.

GOOD TO KNOW gluten free

PER SERVING 286 kcal • fat 18g • saturates 11g •
carbs 26g • sugars 26g • fibre none • protein 3g •
salt 0.1g





SOFITEL DUBAI THE OBELISK





Embracing the Ramadan spirit, whether it's hosting friends and family or colleagues, is Sofitel Dubai The Obelisk. Sited at the heart of Dubai, The Obelisk's culinary journey is a tribute to Arabian hospitality and culture, seamlessly merging with French savoir-faire.

During the holy month, the hotel's signature dining outlets will be serving Iftar and Suhoor with a twist. Dine at Brasserie Boulud, where celebrity chef Daniel Boulud's French dining concept perfectly harmonizes Arabian flavours with a European twist, or make a beeline for Taiko, where Executive Chef Schilo van Coevorden will blend flavours from the Far East and Asia, with Middle Eastern dishes. For Suhoor, gather friends and family for an evening sous les étoiles (under the stars) at Soleil Pool & Lounge or decadent pastries at Bijou Patisserie.

Brasserie Boulud

Chef Daniel Boulud's unique French take on an authentic, Arabian Iftar, awaits diners this year. Break your fast with dates and a hearty Pistou broth soup with seasonal vegetables followed by sharing-style appetizers including local burrata with crisp artichokes and pickled zaatar and wild mushroom falafel doused in velvet tahini dressing. Entrées feature grills such as prawns with smoked garlic and grilled lime, herb brushed bavette and seabream with sumac and parsley, and the daily catch. Ramadan special lamb ouzi will also be served as an innovative ouzi style lamb shank with oriental rice. End the meal with scrumptious desserts including saffron poached pear tartlet served with pistachio cream, warm date pudding with salted caramel and sweet, local honey ice cream. Take your time and relax after the meal, with Moroccan mint tea and a selection of baklava.

Details: AED195 per person including Ramadan juices, water, tea and coffee. Available from sunset till 8:30pm.



Bijou Patisserie

For a Suhoor brimming with sweet treats, make your way to this lobby patisserie and café. For AED90, a perfectly packaged selection of freshly made pastries comes in an elegant jewellery box, adding to the charm of the contemporary chic setting. From raspberry pistachio tart and chocolate hazelnut filled crepes roll to cheesecake pink praline and the classic, made-from-scratch almond croissant, end the night on a sweet note with scrumptious desserts. A selection of ice cream flavours will also be served, alongside hot and cold drinks. Guests can also pick from the à la carte menu, choosing delectable delights like an indulgent tower in the shape of The Obelisk, showcasing choux profiterole with vanilla ice cream and hot chocolate sauce, good for four to share.

Details: Available from 8:30pm till midnight.

Taiko Dubai

Hailing from Amsterdam, this contemporary Asian restaurant is the first international outpost by Chef Schilo. Diners are in for a treat with the launch of a three-course Iftar menu that will enchant and delight. Inspired by the essences of the Arabian Peninsula, fresh and local ingredients are at the heart of the set menu, marrying rich and aromatic spices from the region to showcase Arabic cuisine with a touch of Japanese flair. Whet your appetite with noteworthy dishes from the menu including the wasabi flavoured falafel and couscous and lobster with mild Arabic spices. Feast on an indulgent Wagyu biryani for mains, a traditional yet modern take on the much-loved Emirati dish, and baby chicken marinated with miso and pomegranate. All entrees are accompanied by servings of freshly roasted asparagus served with a splash of tahina dressing. For a decadent ending, sweeten your palate with the iconic Umm Ali dessert infused with matcha, served with a moreish date ice cream.

Details: AED195 including Ramadan juices, water, tea & coffee. Available from sunset till 8:30pm.

BOOK NOW!

dine.dubaitheobelisk@sofitel.com,
reservations@brasserieboulud.ae or
reservations@taikodubai.ae

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gf TREASURES

SOUL IN A BOWL

Barney Desmazery chooses his favourite make-ahead soups from the Good Food archives



Curried squash, lentil
& coconut soup

Oxtail soup

SERVES 6 **PREP** 25 mins plus overnight marinating and chilling
COOK 4 hrs **MORE EFFORT**

1½ kg oxtail, cut into 4 pieces
small handful of thyme sprigs
2 bay leaves
small bunch of parsley, leaves and stalks separated
½ tsp black peppercorns, roughly crushed
1 small star anise
½ bottle non-alcoholic red wine
4 tbsp sunflower oil
1 onion, roughly chopped
2 carrots, roughly chopped
2 celery sticks, roughly chopped

2 garlic cloves, bashed
1 tbsp plain flour
1 tbsp ketchup
2 litres beef stock, plus extra if needed

1 Up to two days before serving, tip the oxtail into a bowl and season with a little salt. Tie the thyme sprigs, bay leaves and parsley stalks together, and drop in along with the peppercorns and star anise. Pour in the non-alcoholic red wine. Cover and chill overnight, or for up to 48 hrs.

2 Heat the oven to 160C/140C fan/gas 4. Lift the oxtail out of the marinade, reserving the mixture. Heat half the oil in a large casserole pan and brown the oxtail all over (you may need to do this in batches). Transfer to a plate and set aside. Cook the onions, carrots, celery and garlic in the remaining oil until just starting to brown. Stir in the flour and ketchup, and cook to a thick

paste. Pour in the reserved marinade and simmer for 1 min. Nestle the oxtail in the mix and pour in the stock. Bring to the boil, skim any froth from the surface, cover and cook in the oven for 3 hrs 30 mins, stirring now and then until the meat is very tender.

3 Remove from the oven and leave to cool slightly, then lift the oxtail from the broth and shred using two forks. Discard the bones, and transfer the meat to a bowl. Sieve the liquid into another bowl, then cover and chill overnight.

4 Remove and discard any fat that has solidified on top of the soup. Tip the broth into a saucepan and simmer until silky, adding a little more stock or water if the broth is too thick. Stir in the shredded meat until warmed through. Season, then ladle into bowls and scatter over some parsley leaves, if you like.

PER SERVING 303 kcals • fat 14g • saturates 1g • carbs 8g • sugars 4g • fibre 4g • protein 22g • salt 1.7g



Curried squash, lentil & coconut soup

Nothing makes a soup silkier than using a squash (or pumpkin) and carrot purée for the base. This soup is given even more body with filling red lentils. I love the fact that it's a seasonal vegetable soup combined with my favourite comfort food in the world, dhal. It's rich and creamy, while still being totally vegan and dairy-free. To take it further, I sometimes also toast cumin and pumpkin seeds to scatter over the top.

SERVES 6 PREP 10 mins
COOK 25 mins EASY 

1 tbsp olive oil
1 butternut squash, peeled,
deseeded and finely chopped
200g carrot, finely chopped
1 tbsp curry powder with turmeric
100g red lentils
700ml vegetable stock
400ml can reduced-fat
coconut milk
small handful of coriander,
roughly chopped, to serve
naan breads, to serve

1 Heat the oil in a large saucepan and sizzle the squash and carrots for 1 min. Stir in the curry powder and cook for 1 min more. Tip in the lentils, stock and coconut milk and stir well. Bring to the boil, then reduce the heat and simmer for 15-18 mins until all the veg is tender.
2 Pour the soup into a food processor and blitz until it's the consistency you prefer (you can also use a hand blender). Season, scatter with some coriander and serve with naan breads.

GOOD TO KNOW vegan • low fat • 2 of 5-a-day
PER SERVING 185 kcals • fat 8g • saturates 5g •
carbs 21g • sugars 4g • fibre 3g • protein 6g • salt 0.4g



gf tip

Lower the eggs into a pan of boiling water and cook for about 6-7 mins. Immediately scoop out with a slotted spoon and transfer to a bowl of cold water until they're cool enough to handle.

Chicken noodle & sweetcorn soup

This is a main meal in a bowl, and exactly the sort of thing I make to use up leftover roast chicken. Not a bit of the leftovers go to waste – I pick every last scrap of meat off the carcass and use the bones to make the stock that forms the base of the soup (find a stock recipe on bbcgoodfoodme.com). What you put in the soup is totally up to you, but I love thick, slurpy ramen noodles.

SERVES 4 PREP 20 mins
COOK 20 mins EASY

700ml chicken stock
3 garlic cloves, halved
4 tbsp soy sauce, plus extra to taste
1 tsp Worcestershire sauce
thumb-sized piece of ginger,
peeled and sliced
½ tsp Chinese five-spice powder
pinch of chilli powder
1 tsp sugar (optional)
375g ramen noodles
400g cooked chicken breast, sliced
2 tsp sesame oil
For the garnish
100g baby spinach

4 tbsp sweetcorn
4 soft-boiled eggs, peeled
and halved (see tip)
1 sheet dried nori, finely shredded
spring onions or shallots, sliced
sesame seeds

1 Combine the stock, garlic, soy sauce, Worcestershire sauce, ginger, five-spice, chilli powder and 300ml water in a stockpot or large saucepan. Bring to the boil, reduce the heat and simmer for 5 mins.
2 Check for seasoning, and add the sugar or some extra soy sauce to make it sweeter or saltier to your liking. Cook the noodles following pack instructions. Drain.
3 Fry the chicken in the sesame oil until just starting to brown. Divide the noodles between four bowls. Top each with a quarter of the meat, 25g spinach, 1 tbsp sweetcorn and two egg halves. Strain the stock into a clean pan and return to the boil. Ladle the stock into the bowls, then sprinkle with the nori, spring onions or shallots and pinch of sesame seeds. Allow the spinach to wilt slightly, then serve.

PER SERVING 628 kcals • fat 16g • saturates 3g •
carbs 68g • sugars 6g • fibre 2g • protein 51g • salt 4g



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Make your own za'atar

The Levantine spice mix is easy to prepare and oh-so versatile

recipe MIRIAM NICE

photograph WILL HEAP

Za'atar

Za'atar is a staple of Levantine and Middle Eastern cooking. The simplest way to enjoy it is to dip pieces of warm flatbread in olive oil, then dunk them in the spice mix so it sticks.

But don't stop there: za'atar also makes a great seasoning. Try it sprinkled over salads, poached eggs and hummus, or scatter over a whole chicken before roasting.

SERVES around 9 tbsp **PREP** 5 mins **COOK** 2 mins **EASY** **V**

2 tbsp cumin
2 tbsp dried oregano

2 tbsp sesame seeds
2 tbsp sumac

1 Lightly toast the cumin seeds in a dry pan until they just start to release their aroma, then grind them to a fine powder using a pestle and mortar. Stir in all the other ingredients, plus 2 tsp salt and 1 tsp ground black pepper. Will keep in a clean jar or airtight container for a month.

GOOD TO KNOW vegan • gluten free

PER SERVING 26 kcals • fat 2g • saturates none • carbs none • sugars none • fibre 1g • protein 1g • salt 1.2g

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VEGETABLE GYOZA

Try *Barney Desmazery's* take on gyoza. These can be cooked from frozen and easily adapted with your own fillings

Vegetable gyoza

There's something calming about the process of assembling gyoza. It takes a little time, but you'll be rewarded with a freezer full of dumplings that can be cooked from frozen whenever you want them. If you don't have time to make the dough, you can use shop-bought gyoza skins.

MAKES 25 PREP 2 hrs plus 1 hr chilling COOK 20 mins MORE EFFORT ▼

250g plain flour
cornflour, for dusting
For the filling
200g white cabbage
4 chestnut mushrooms
1 carrot
4 water chestnuts (optional)
thumb-sized piece of ginger,
finely grated
2 garlic cloves, finely grated
3 spring onions, finely sliced
2 tbsp sunflower oil, plus extra
for frying
1 tbsp soy sauce
1 tbsp white grape juice
For the dipping sauce
6 tbsp soy sauce
2 tbsp rice wine vinegar
crispy chilli oil (optional)

1 If you're making your own dough, tip the flour and 1 tsp salt into a bowl. Bring a kettle to the boil and measure 150ml boiling water. Slowly pour the water over the flour while mixing with a spoon to form a stiff dough. When the dough is cool enough to handle, tip onto a surface and knead for 10 mins until smooth. Wrap the dough and chill for at least 1 hr. Alternatively, you can use 25-30 shop-bought gyoza skins.

2 Meanwhile, coarsely grate the cabbage, mushrooms, carrot and water chestnuts, if using, then tip into a bowl. Add the ginger, garlic and spring onions. Heat the oil in a wok, then tip in all the veg and stir-fry over a high heat for 3 mins until softened. Drizzle over the soy sauce and grape juice, and cook for 2-3 mins. Season to taste. Tip back into the bowl to cool completely.

3 Divide the dough in two. Scatter a surface generously with cornflour and roll one ball of dough out until paper-thin. Use a 10cm cutter to cut out rounds of dough and pile them up (they won't stick because of the cornflour). Repeat with all the dough, re-rolling the trimmings until you have about 25 skins.

4 To assemble, sprinkle cornflour

on a tray and have a bowl of cold water ready. Hold a skin in the palm of one hand and put a teaspoon of the filling in the centre. Dip your finger in the water and wipe around the inside edge of the skin. Bring the edges of the skin together, pinching pleats along one side. Space them out on a baking tray and freeze, then tip into a bag and put back in the freezer. *Will keep for three months. Can be cooked from frozen.*

5 Heat a drizzle of oil in a non-stick frying pan with a lid. Fry, flat-side down, for 2 mins until golden. Add 100ml water to the pan and cover. Cook over a medium heat for 3-5 mins until the water has evaporated and the gyoza is cooked through. Remove the lid and leave the gyoza to sizzle on the bottom for a minute. Mix the dipping sauce ingredients together, then serve with the gyoza.

GOOD TO KNOW vegan

PER SERVING 62 kcals •

fat 2g • saturates none •

carbs 10g • sugars 2g •

fibre 1g • protein 1g •

salt 0.7g



Barney is Good Food's skills & shows editor. He has worked as a chef in London, France and Australia, and is a pro at adapting restaurant recipes to make at home. [@barney_desmazery](#)

For prawn gyoza, omit the veg and replace with finely chopped raw peeled prawns – don't precook the filling

Ready-made gyoza skins are available online and from specialist shops

To get a crispy 'skirt' around your gyoza, mix another 1 tsp cornflour with the water before pouring in the pan

For beef or chicken gyoza, swap the cabbage, carrot and mushroom in this recipe with 400g minced beef or chicken, and don't precook the filling

SLOW COOKER family favourites

Have a meal on the table as soon as you get in the door with these hearty dishes. They are all freezable too if you want to batch cook

recipes LULU GRIMES *photographs* WILL HEAP



Yes, you really
can cook a whole
chicken in a slow
cooker!

Slow cooker roast chicken, p58

Slow cooker roast chicken

Cooking a chicken in a slow cooker makes it very succulent and packed full of flavour. If you want to cook this ahead and then freeze it, carefully break the chicken into joints and pack them into freezer bags with a little gravy. You'll need a large slow cooker for this.

SERVES 4 **PREP** 15 mins **COOK** 5½ hrs **EASY** ✨

1 large onion, peeled and cut into thick slices
2 carrots, halved lengthways and chopped
1 small or medium chicken
2 tbsp butter, softened
1 bay leaf

- 1 Put the onion and carrot in the base of the stock pot to form a protective layer to sit the chicken on, and add 100ml boiling water. Gently ease the chicken skin away from the breast. Stir some salt and pepper into the butter and push the butter under the skin. Put the bay leaf in the cavity of the chicken and sit on top of the onion and carrot.
- 2 Cook on low for 5 hrs, then check that the chicken is cooked by wiggling the wing – it should feel very loose. Tip the chicken up so any liquid inside flows out, then cook on high for 30 mins. If the chicken isn't cooked through after the initial time, cook for another hour, then turn the heat up. If you want the skin to be browned, grill it for a couple of minutes (make sure your slow cooker insert is flameproof if you keep it in the pot, or transfer it to a roasting tin).
- 3 There will be some gravy in the base of the dish with the veg, tip everything through a sieve and press the veg gently to make sure you get every last drop. Serve the veg on the side, if you like.

GOOD TO KNOW 1 of 5-a-day • gluten free

PER SERVING 497 kcal • fat 30g • saturates 10g • carbs 7g • sugars 6g • fibre 2g • protein 49g • salt 0.5g



Slow cooker sausage casserole

You can use your favourite flavoured sausages to make this. Serve it over pasta, in baked potatoes or with a chunk of baguette.

SERVES 4 **PREP** 20 mins **COOK** 4 hrs on high or 8 hrs on low **EASY** ✨

2 red onions, finely chopped
1 celery stick, finely chopped
1-2 tbsp rapeseed oil
4 carrots, cut into fat slices
12 sausages, each halved
1 sweet potato, peeled and cut into chunks
400g tin tomatoes
1 tbsp tomato and veg purée (or tomato purée)
1 thyme sprig
1 rosemary sprig
1 beef stock cube or stock pot

- 1 Fry the onion and celery in the oil over a low heat until it starts to soften and cook, about 5 mins, then spoon it into the slow cooker. Fry the carrots briefly and add them too.
- 2 Brown the sausages all over in the same frying pan – make sure they get a really good colour because they won't get any browner in the slow cooker. Transfer to the slow cooker and add the sweet potato and tomatoes.
- 3 Put the purée in the frying pan and add 250ml boiling water, swirl everything around to pick up every last bit of flavour, and tip the lot into the slow cooker. Add the herbs, stock cube and some pepper. Don't add salt until the casserole is cooked as the stock can be quite salty. Cook on high for 4 hrs or on low for 8 hrs, then serve or leave to cool and freeze.

GOOD TO KNOW fibre • 3 of 5-a-day

PER SERVING 449 kcal • fat 28g • saturates 8g • carbs 27g • sugars 18g • fibre 8g • protein 17g • salt 1.9g



Slow cookers vary in capacity and efficiency, you may want to check casserole timings against the manufacturers' instructions on yours.





Slow cooker honey mustard chicken thighs

SERVES 4-6 **PREP** 5 mins **COOK** 4 hrs 20 mins **EASY** ✨

1 tbsp butter
8 chicken thighs (or fillets if you prefer)
8 spring onions, cut into lengths
150ml chicken stock
1 tbsp Dijon mustard
2 tbsp honey
2 tbsp double cream or crème fraîche
100g frozen peas

1 Heat the slow cooker. Melt the butter in a frying pan and quickly brown the chicken thighs all over. Make sure the skin picks up plenty of colour. Season, then put them in the slow cooker. Brown the spring onions and add them to the slow cooker as well. Add the stock, mustard and honey and cook on low for 4 hrs.

2 Stir in the cream or crème fraîche and peas, then cook for a further 15 mins with the lid off. Re-crisp up the chicken skin under the grill, if you like.

PER SERVING (4) 332 kcal • fat 16g • saturates 8g • carbs 11g • sugars 10g • fibre 2g • protein 35g • salt 0.9g

Slow cooker beef stew

This recipe is so versatile – you could add button mushrooms, make it smoky by adding 1 tsp smoked paprika with the herbs, or stir in frozen peas at the end.

SERVES 4 **PREP** 20 mins **COOK** 4 hrs on high or 8 hrs on low **EASY** ✨

1 onion, chopped
2 celery sticks, finely chopped
2 tbsp rapeseed oil
3 carrots, halved and cut into chunks
2 bay leaves
½ pack thyme
2 tbsp tomato purée
2 tbsp Worcestershire sauce
2 beef stock cubes or stock pots
900g beef for braising such as skirt, buy a whole piece and cut it yourself for bigger chunks or buy ready-diced
2 tsp cornflour (optional)
½ small bunch parsley, chopped
buttery mash, to serve (optional)

1 Fry the onion and celery in 1 tbsp oil over a low heat until they start to soften – about 5 mins. Add the carrots, bay and thyme, fry for 2 mins, stir in the purée and Worcestershire sauce, add 600ml boiling water, stir and tip everything into a slow cooker. Crumble over the stock cubes or add the stock pots and stir, then season with pepper (don't add salt as the stock may be salty).

2 Clean out the frying pan and fry the beef in the remaining oil in batches until it is well browned, then tip each batch into the slow cooker. Cook on low for 8-10 hrs, or on high for 4 hrs.

3 If you want to thicken the gravy, mix the cornflour with a splash of cold water to make a paste, then stir in 2 tbsp of the liquid from the slow cooker. Tip back into the slow cooker, stir and cook for a further 30 mins on high. Stir in the parsley and season again to taste. Serve with mash, if you like. *Leave to cool before freezing.*

GOOD TO KNOW folate • iron • 2 of 5-a-day

PER SERVING 474 kcal • fat 25g • saturates 9g • carbs 10g • sugars 9g • fibre 4g • protein 48g • salt 2.0g



**gf tip**

If you are running short of time, you can put everything except the cornflour and parsley in a slow cooker without frying it first and simply switch it on. It won't have quite the same depth of flavour, but you will still have a delicious beef stew.



Slow cooker lamb tagine

If you can't find dried cherries, you can use apricots or prunes instead.

SERVES 4 **PREP** 20 mins

COOK 8 hrs on low or 4 hrs on high

EASY ✨

900g lamb shoulder, neck or leg, cut into chunks
 1 tbsp olive oil
 1 onion, chopped
 3 carrots, cut into chunks
 2 tsp ras-el-hanout
 1 tsp ground cumin
 1 tbsp tomato purée
 1 chicken or lamb stock cube or stock pot
 1 sweet potato, cut into chunks
 30g dried cherries
 ½ tsp honey
 ½ bunch coriander, chopped
 couscous, to serve

1 Fry the lamb in the oil in batches and tip it into the slow cooker. Fry the onion in the same pan for 5 mins or until it softens a little. Add the carrots and spices, stir everything together, add the tomato purée, stock and 250ml water and swirl everything around the pan. Tip into the slow cooker. Add the sweet potato, dried cherries, honey and another 500ml water.

2 Cook on low for 8 hrs or high for 4 hrs. Stir in the coriander and serve with couscous. *Leave to cool before freezing.*

GOOD TO KNOW 2 of 5-a-day

PER SERVING 649 kcal • fat 45g • saturates 20g • carbs 17g • sugars 10g • fibre 5g • protein 42g • salt 1.3g



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Just 5 ingredients

These easy oatly bars are the perfect midday treat

recipe CASSIE BEST photograph EMMA BOYNS

Raspberry honey flapjacks

MAKES 9-12 **PREP** 10 mins
COOK 25 mins **EASY** V *

150g butter
150g light brown soft sugar
4 tbsp honey
300g porridge oats
100g frozen raspberries

1 Heat oven to 200C/180C fan/gas 6 and line a 20 x 20cm baking tin with parchment. Melt the butter, sugar, honey and a pinch of salt in a pan. Once the mixture is bubbling and combined, stir in the oats.

2 Tip the oat mixture into the lined

baking tin and press down with your fingers or the back of a spoon. Scatter over the raspberries, then lightly press them into the oat mixture. Bake for 25-30 mins until golden brown. Leave to cool, then cut into 9 or 12 flapjacks.

PER FLAPJACK (12) 265 kcal • fat 12g • saturates 7g
• carbs 34g • sugars 17g • fibre 2g • protein 3g • salt 0.3g

gf tip

Serve your flapjacks warm with a dollop of double cream for a delicious twist.

Shoot director GARETH JONES
Food stylist MYLES WILLIAMSON
Stylist FAYE WEARS

health

Delicious recipes and top nutrition tips

healthy lunches
& dinners

■ page 66



healthy diet plan

■ pack in the flavour, page 72



**lunch
sunday**

healthy lunches & dinners

Here, we've compiled dishes that can be eaten for both lunch and dinner, so you can chill a portion for the next afternoon to save you from cooking again

Miso roast salmon, lentil & pomegranate salad

Enjoy a filling lunch that's high in fibre and iron, and delivers two of your five-a-day.



SERVES 2 PREP 10 mins

COOK 20 mins EASY

80g dried puy lentils
1 tsp miso paste
2 tsp finely grated ginger
1 garlic clove, finely grated
1 lime, zested and juiced

1 tsp olive oil
½ tsp black or white sesame seeds
2 x 150g skinless wild salmon fillets
1 tsp apple cider vinegar
2 carrots, cut into fine strips with a julienne peeler or knife
60g pomegranate seeds
3 spring onions, finely sliced
handful of fresh coriander (about 30g), chopped

1 Heat the oven to 200C/180C fan/gas 6. Cook the lentils in a pan of boiling water for 20 mins until tender. Meanwhile, mix the miso paste with 1 tsp of the ginger, the garlic, half the lime juice, the oil and sesame seeds. Put the salmon

fillets on a foil-lined baking tray and spread 1 tbsp of the miso mixture over them. Roast for 10-12 mins until cooked through.

2 Tip the rest of the miso mixture into a bowl with the remaining ginger and lime juice. Add the lime zest, vinegar, carrots, pomegranate, onions and coriander. Drain the lentils and toss into the salad. Gently stir in the salmon in large chunks, then divide between two plates to serve.

GOOD TO KNOW healthy · fibre · iron · omega 3
2 of 5-a-day

PER SERVING 503 kcals · fat 20g · saturates 4g ·
carbs 27g · sugars 11g · fibre 10g · protein 47g ·
salt 0.6g

g^r tip

SALMON is a great source of omega-3 fatty acids, which are important for brain and heart health, while miso is a fermented condiment rich in essential vitamins and minerals, offering a healthy source of probiotics.



dinner
sunday
& lunch
monday

Chilli chicken & peanut pies

Bake one pie for dinner, then chill and cook the second for lunch. Peanut butter adds creaminess to the filling while a bean and potato mash provides extra nutrients. A healthy and hearty, gluten-free dinner.

5 OF
5-A-DAY

GLUTEN
FREE

IRON



SERVES 2 **PREP** 15 mins
COOK 1 hr **EASY**

500g potatoes, peeled and chopped
2 x 400g cannellini beans, drained
3 tbsp chopped fresh coriander
1 tsp chilli powder
For the chicken filling
2 tsp olive oil
2 tbsp finely chopped ginger
1 red chilli, deseeded if you prefer less heat
2 tbsp cumin seeds

2 tbsp ground coriander
1 tsp chilli powder
400g leeks, thickly sliced
1 red pepper, deseeded and diced
1 green pepper, deseeded and diced
2 large chicken breasts (400g), diced
400g can chopped tomatoes
2 tbsp tomato purée
2 tsp vegetable bouillon
3 tbsp peanut butter (with no sugar or palm oil)
320g broccoli, to serve

1 Heat the oven to 200C/180C fan/gas 6. Cook the potatoes in a steamer for 15 mins until tender. Meanwhile, start the chicken filling. Heat the oil in a non-stick pan, add the ginger and chilli, and stir over a medium heat until starting to soften. Stir in the dried spices, leeks and peppers. Cook, stirring frequently, until softened.
2 Tip in the chicken and fry until it starts to colour. Add the tomatoes, tomato purée, bouillon and 150ml water. Simmer, covered, for 10 mins.

3 Mix the peanut butter with 100ml water, then stir into the stew and cook for 5 mins more. Divide the stew between two 24 x 18cm shallow pie dishes.

4 For the topping, tip the beans into a bowl, add the coriander and chilli powder and mash well. Tip in the steamed potatoes and roughly mash into the beans but keeping a little texture. Pile on top of the filling in the pie dishes and carefully spread over the filling to enclose it. Bake one of the pies for 35 mins.

5 Meanwhile, cook half of the broccoli and serve with the pie. Chill the other pie to cook along with the remaining broccoli for another day. *Will keep chilled for up to three days. Reheat the remaining pie as above, adding an extra 15 mins to the cooking time.*

GOOD TO KNOW healthy • low fat • vit c • folate • iron • fibre • 5 of 5-a-day • gluten free
PER SERVING 523 kcals • fat 11g • saturates 2g • carbs 54g • sugars 14g • fibre 15g • protein 43g • salt 1.2g



Chicken & lemon skewers

Here's an easy wholesome dinner for hectic weeknights. Divide the leftovers between containers for next day's lunch.



SERVES 4 (2 for dinner, 2 for lunch)

PREP 20 mins plus marinating

COOK 25 mins **EASY**

small bunch of mint, leaves picked
150g natural yogurt, plus extra to serve (optional)

1 lemon, zested and juiced

½ tsp ground cumin

½ tsp ground coriander

2cm piece of ginger, peeled and grated

4 chicken breasts, each cut into 6 pieces

4 wholemeal flatbreads or pitta breads

2 Little Gem lettuces, sliced

1 small red onion, sliced, to serve
pickled red cabbage, chilli sauce and hummus, to serve (optional)

You'll also need

4 metal or wooden skewers

1 Chop half the mint, then combine with the yogurt, half the lemon juice, the lemon zest, spices and ginger in a large bowl. Season with plenty of black pepper and a pinch of salt. Add the chicken pieces, mix well to coat, and marinate in the fridge for 20-30 mins. Meanwhile, if you're using wooden skewers, soak these in water for at least 20 mins.

2 Heat the grill to medium and line a grill tray with foil. Thread the marinated chicken onto the skewers and grill for 15-20 mins, turning halfway through, until the chicken is browned and cooked through.

3 Briefly warm half the flatbreads under the grill, then serve topped with half each of the lettuce, chicken skewers, onion, remaining lemon juice and mint, as well as the extra yogurt, pickled cabbage, chilli sauce and hummus, if using. Leave to cool completely, then store the leftovers in an airtight container and chill for lunch the next day.

GOOD TO KNOW healthy • low fat • low cal • folate • fibre • 1 of 5-a-day

PER SERVING 363 kcal • fat 4g • saturates 1g • carbs 38g • sugars 5g • fibre 7g • protein 41g • salt 0.9g



Spicy fish stew

Packed with flavour and four of your five-a-day.



SERVES 4 (2 for dinner, 2 for lunch)

PREP 10 mins **COOK** 40 mins **EASY**

1 tbsp olive oil

2 onions, thinly sliced

3 spring onions, chopped

3 garlic cloves, chopped

1 red chilli, deseeded and sliced

a few thyme sprigs

2 x 400g cans chopped tomatoes

400ml vegetable bouillon, made with 2 tsp bouillon powder

2 green peppers, deseeded and cut into pieces

160g brown basmati rice

400g can and 210g can red kidney beans, drained

handful of coriander (about 15g), chopped, plus a few extra sprigs

handful of flat-leaf parsley (about 15g), chopped

550g frozen wild salmon, skinned and cut into large pieces
1 lime, zested

1 Heat the oil in a non-stick frying pan and fry the onions for 8-10 mins until soft and golden. Add the spring onions, garlic, chilli and thyme. Cook, stirring for 1 min, then add the tomatoes, bouillon and peppers. Cover and simmer for 15 mins.

2 Cook the rice following pack instructions. Tip the beans and herbs into the stew, cook for 10 mins more, then add the salmon and lime zest. Cook for a further 4-5 mins until the salmon is cooked through.

3 Ladle half into bowls, and scatter with a few coriander sprigs. Leave the rest to cool, then chill for the next day. Reheat until piping hot.

GOOD TO KNOW healthy • folate • fibre • vit c • iron • omega-3 • 4 of 5-a-day • gluten free

PER SERVING 664 kcal • fat 26g • saturates 5g • carbs 58g • sugars 14g • fibre 14g • protein 42g • salt 0.3g

dinner
monday
& lunch
tuesday



Vegetable curry with brown rice kitchari

Get all five of your five-a-day in one bowl. This is healthy, vegan, gluten-free as well as providing vitamin C and iron.

5 OF
5-A-DAY

VEGAN

VIT C

SERVES 4 (2 for dinner, 2 for lunch)

PREP 10 mins **COOK** 40 mins

EASY V

225g brown basmati rice

1 tsp olive oil

1 tsp ground coriander

390g can green lentils, drained

For the curry

1 tbsp olive oil

2 large onions (330g), 1 finely chopped, 1 sliced

2 red chillies, deseeded and sliced

25g ginger, peeled and finely chopped

1 tsp ground turmeric

1 tsp smoked paprika

1 tsp ground cumin

1 tbsp ground coriander

3 garlic cloves, chopped

1 tbsp vegan bouillon powder, made up with 500ml boiling water

360g cauliflower florets

1½ tsp tamarind

320g fine beans, trimmed, halved lengthways if large

4 large tomatoes, cut into wedges

2 large courgettes (320g), halved lengthways and thickly sliced

100g coconut yogurt

15g coriander, chopped, to serve

1 Cook the rice in boiling water for 25 mins until tender. Drain.

2 Meanwhile, make the curry. Heat the oil in a large pan and fry the onions, chillies and ginger for 8-10 mins until softened. Stir in the spices and garlic, pour in the bouillon, then add the cauliflower. Cover and simmer for 5 mins.

3 Stir in the tamarind, beans, tomatoes and courgettes, then cover and cook for 10-15 mins more until the veg is tender, but still retains a little bite. Remove the lid for the last 5 mins so the sauce can reduce slightly. Remove from the heat. Stir in the yogurt and half the coriander.

4 To make the kitchari, heat the oil in a non-stick pan and add the ground coriander. Warm briefly, then tip in the cooked rice and the lentils. Warm through for 1 min, then stir in the remaining coriander.

5 Serve half the curry and rice, then leave the leftovers to cool completely and chill for lunch the next day. Reheat in the microwave or on the hob until piping hot, adding a splash of water to prevent it sticking, if needed.

GOOD TO KNOW vegan • healthy • low fat • folate • fibre • vit c • iron • 5 of 5-a-day • gluten free

PER SERVING 507 kcal • fat 12g • saturates 6g • carbs 73g • sugars 17g • fibre 14g • protein 18g • salt 0.4g

gf tip
OLIVE OIL

is rich in polyphenols, which support gut health by enhancing growth of beneficial bacteria

dinner
thursday
& lunch
friday

gⁱ tip

PROTEIN contains amino acids, which are required to make up the brain chemicals that regulate your thoughts and feelings.

Meatballs with fennel & balsamic beans & courgette noodles

Swap pasta for courgette noodles. They're rich in potassium, which helps lower blood pressure.

LOW FAT

LOW CAL

IRON

SERVES 4 (2 for dinner, 2 for lunch)

PREP 35 mins **COOK** 40 mins

EASY * meatballs only

400g lean beef steak mince
2 tsp dried oregano
1 large egg
8 garlic cloves, 1 finely grated, 1 sliced
1-2 tbsp olive oil
1 fennel bulb, trimmed and finely chopped, fronds reserved
2 carrots, finely chopped
500g passata
4 tbsp balsamic vinegar
600ml low-salt vegetable bouillon
For the courgette noodles
1 tsp olive oil
1-2 large courgettes, spiralized or peeled into strips
350g frozen soya beans, defrosted

1 Combine the mince, oregano, egg, grated garlic and some black pepper in a bowl. Form into 16 meatballs.

2 Heat the oil in a large frying pan over a medium-high heat, and fry the meatballs, stirring until brown all over (be careful as they're quite delicate). Remove to a plate using a slotted spoon. Reduce the heat and fry the fennel, carrots and sliced garlic for 5 mins, stirring until soft.

3 Tip in the passata, vinegar and bouillon, stir, then return the meatballs to the pan. Cover and cook for 20-25 mins.

4 Meanwhile, for the 'noodles', heat the oil in a non-stick pan and fry the courgette and beans until softened. Serve half with half the meatballs and a scattering of fennel fronds. Leave the rest to cool, then chill for the next day. *The meatballs will keep frozen in an airtight container for up to three months. Leave to cool completely first.*

GOOD TO KNOW healthy • low fat • low cal • folate • fibre • vit c • iron • 4 of 5-a-day

PER SERVING 380 kcs • fat 14g • saturates 3g • carbs 20g • sugars 15g • fibre 11g • protein 37g • salt 0.5g

Spicy 'vedgerree'

Like the classic kedgerree, this veggie version is served with boiled eggs and has a mild curry flavour.

GLUTEN FREE

HEALTHY

2 OF 5-A-DAY

SERVES 4 (2 for dinner, 2 for lunch)

PREP 10 mins **COOK** 1 hr 10 mins

EASY V

350g long-grain brown basmati rice
150g fine beans, trimmed and halved lengthways
4 medium eggs
2 tbsp olive oil
2 onions, sliced
2 garlic cloves, crushed
2 heaped tbsp medium curry powder
1 tsp ground turmeric
2 bay leaves
200g spinach
100g cherry tomatoes, halved
½ small bunch of coriander (about 15g), chopped
1 green chilli, sliced
1 lemon, cut into wedges

1 Rinse the rice under cold running water, rubbing it with your fingers to remove any excess starch. Cook following pack instructions. Drain.

2 Cook the beans in simmering water for 2 mins, then transfer to a bowl with a slotted spoon. Boil the eggs for 7 mins, then drain, put in a bowl of cold water, and leave to cool.

3 Meanwhile, heat the oil in a large frying pan over a medium heat and cook the onions for 10-15 mins until golden. Add the garlic, curry powder, turmeric and bay, and cook for 1 min more. Stir in the spinach, tomatoes and a splash of water, and cook for another 5 mins to wilt the spinach.

4 Fold in the rice and beans, and cook for a few minutes more until the rice is warmed through. Drain and peel the eggs, then halve.

5 Serve half the rice topped with half the eggs, coriander, chilli and lemon wedges. Chill the rest for lunch the following day.

GOOD TO KNOW healthy • folate • fibre • vit c • iron • 2 of 5-a-day • gluten free

PER SERVING 501 kcs • fat 14g • saturates 2g • carbs 70g • sugars 6g • fibre 9g • protein 20g • salt 0.3g

dinner
friday
& lunch
saturday

Prawn & harissa spaghetti

Try our spaghetti for two, packed with spice thanks to the harissa sauce. It's ready in just 20 minutes – ideal for a weekend supper.

FIBRE

VIT C

1 OF
5-A-DAY

SERVES 2 PREP 5 mins

COOK 15 mins EASY

100g long-stemmed broccoli,
cut into thirds
180g spaghetti
2 tbsp olive oil
1 large garlic clove, lightly bashed
150g cherry tomatoes, halved
150g raw king prawns
1 heaped tbsp rose harissa paste
1 lemon, finely zested

dinner
saturday

1 Cook the broccoli in a pan of lightly salted boiling water for 1 min 30 seconds until tender. Drain and set aside. Cook the pasta following pack instructions, then drain, reserving a mug of cooking water.

2 Heat the oil in a large frying pan over a low heat, and fry the garlic for 2 mins. Remove and discard using a slotted spoon, leaving the garlic-infused oil in the pan.

3 Turn up the heat to medium and fry the tomatoes in the oil for 5 mins until starting to soften and

burst. Stir in the prawns and cook for 2 mins more until turning pink. Add the harissa and lemon zest, stirring to coat.

4 Toss the cooked spaghetti and a ladleful of the reserved cooking water through the prawn mixture, season and serve.

GOOD TO KNOW healthy • fibre • vit c • 1 of 5-a-day

PER SERVING 511 kcal • fat 13g • saturates 2g •

carbs 72g • sugars 6g • fibre 7g • protein 22g •

salt 0.9g



gf healthy diet plan

pack in the flavour

Delicious and gluten-free, these spicy beef enchiladas are made with cabbage leaves instead of the usual flour tortillas

recipe SARA BUENFELD

photograph MIKE ENGLISH

Cabbage roll enchiladas

Many people assume that red meat is unhealthy, but when eaten in moderation, it offers protein, iron and valuable B vitamins.

SERVES 4 **PREP 15 mins**

COOK 10 mins **EASY**



- 1 tsp olive or rapeseed oil
- 2 peppers, deseeded and finely chopped
- 500g 5% fat steak mince
- 2 tbsp smoked paprika, plus extra to serve
- 1 tbsp each ground cumin and coriander
- 400g chopped tomatoes
- 2 tbsp tomato purée
- 1 tbsp vegetable bouillon powder (ensure it is gluten-free if needed)
- 3 garlic cloves, finely grated
- 1 red chilli, deseeded and finely chopped, plus extra to serve
- 2 x 400g cans black beans, undrained

- 1 large sweetheart cabbage, leaves peeled away (you'll need 12 leaves)
- 150g bio yogurt
- 25g finely grated mature cheddar
- handful of chopped coriander and lime wedges, to serve

- 1** Heat the oil in a deep non-stick frying pan and stir-fry the peppers briefly until softened. Add the beef and continue to fry, breaking it up with a wooden spoon until it turns brown, then stir in the spices and cook for 1 min more. Tip in the tomatoes, tomato purée, bouillon, powder, garlic, chilli and beans (along with the liquid from the cans), and simmer, uncovered, for 15 mins, stirring until the beef is cooked and the mixture is thick.
- 2** Meanwhile, bring a large pan of water to the boil. Add the cabbage

- leaves and cook, submerged, for 2 mins until softened. Rinse under cold running water to cool. Drain.
- 3** Heat the oven to 200C/180C fan/gas 6. Working with one cabbage leaf at a time, spoon some of the meat mixture into the centre. Roll up so the filling is enclosed. Lay seam-side down in a large shallow baking dish. Repeat with the rest of the leaves and filling, packing the rolls against one another in the dish.
 - 4** Mix the yogurt and cheese. Spread over the rolls. Bake for 20-25 mins until bubbling. Sprinkle over the coriander, extra chilli and paprika. Serve with lime wedges on the side.

GOOD TO KNOW healthy • low fat • low cal • calcium • folate • fibre • vit c • iron • 4 of 5-a-day • gluten free
PER SERVING 437 kcals • fat 12g • saturates 5g • carbs 32g • sugars 13g • fibre 16g • protein 43g • salt 1.8g



GOURMET LIFESTYLE

THE SUITE LIFE
ADDRESS BEACH RESORT
p74

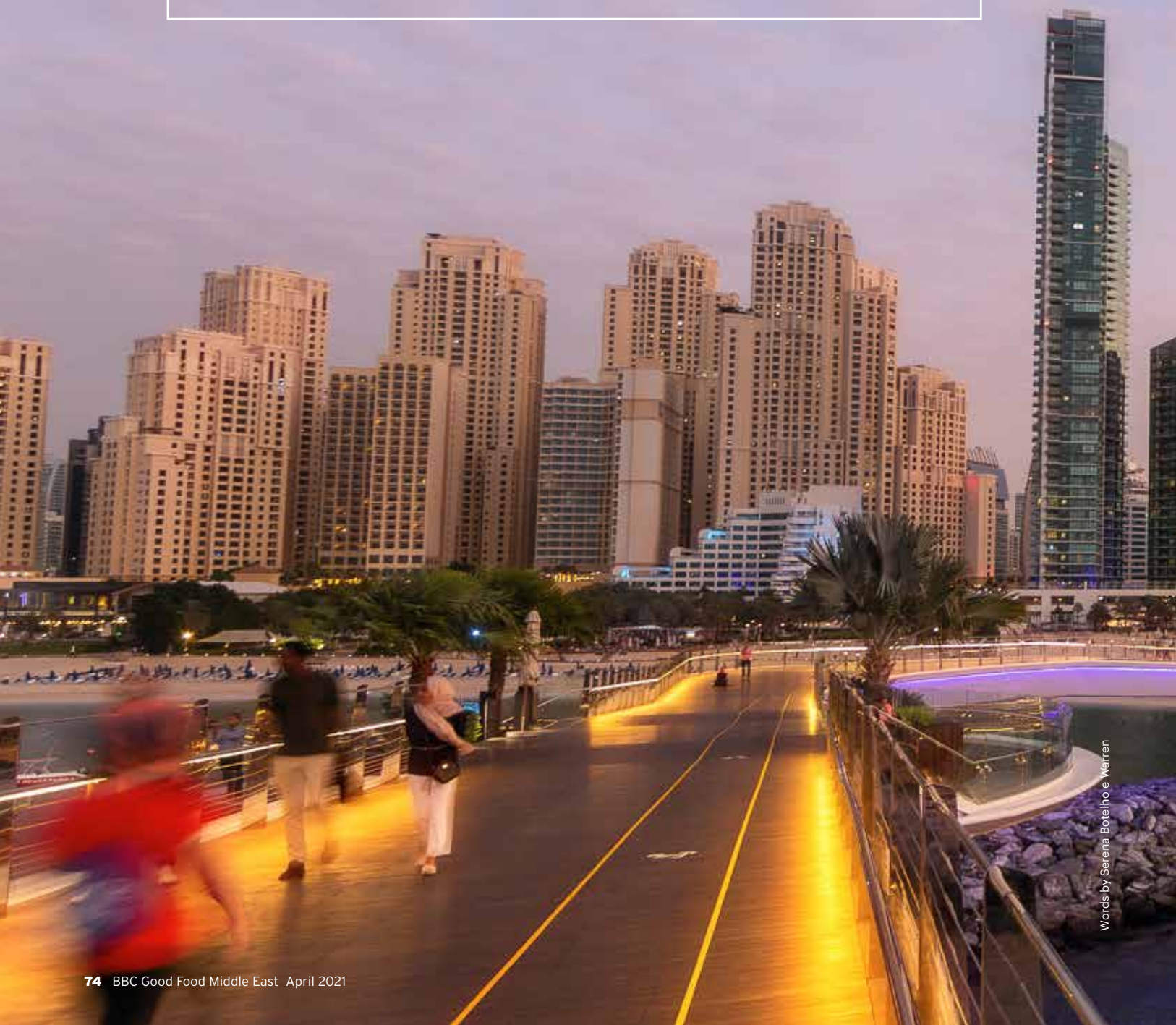


Competitions, p79



THE SUITE LIFE

The newly launched, and highly anticipated, Address Beach Resort is the first-ever beachfront property from the brand



Words by Serena Botelho e Warren





Nestled in the southern cove end of Jumeirah Beach Residence (JBR), the 77-floor property isn't easy to miss. Anyone that has passed by the Dubai Marina or JBR recently has been in awe of this magnificent structure, firmly solidifying itself as a work of art within the Jumeirah Beach Residence skyline.

The twin towers house the Address Beach Resort and Address Beach Residences, which are connected with the tallest inhabited sky bridge in the world. This project is also a candidate for the Guinness Records highest infinity pool.

While the infinity pool is yet to open to the public, our sights were set on the resort's other offerings during our staycation, along with visits to the adults-only pool. Families will be glad to know the resort has a separate family-friendly pool as well. If you have seen this resort from afar, standing right underneath it is breath-taking. That splendour is the first thing you see before entering the resort. The lobby features an intimate lounge, aptly named The Lounge, set between majestic olive trees.

The check-in process was as smooth as it could be, with guests being assigned a concierge who explains the resort's offerings, as you're guided to your room.

ACCOMMODATION

The resort tower features 217 guest

rooms and suites including deluxe rooms, one and two-bedroom suites, as well as three-bedroom presidential suites. While the other tower comprises 443 furnished, serviced apartments and 478 unfurnished residential apartments.

The view from our room was spectacular. The floor to ceiling windows served as the perfect frame for unparalleled panoramic views of the Arabian Gulf, the Palm Jumeirah including the Atlantis, the Dubai Marina, Bluewaters Island and most importantly, the iconic Ain Dubai.

Another amazing touch is that the entire suite is operated via an iPad. Controlling everything from the lights and air conditioning to ordering room service or playing music on the connected television. While the bathroom features a comfy tub for one, what sets this apart from other bathrooms is an unassuming dial knob below the backlit mirror, that when turned, activates the bathroom's speakers, streaming music from the main suite inside. A minute but much-needed addition.

CULINARY OFFERINGS

On the dining front, the resort is home to The Lounge that serves light snacks and refreshments; Li'Brasil, a Lebanese and Brazilian Fusion restaurant; The Beach Grill; a relaxed outdoor bar serving international cuisine, and last but not the least, our

favourite, The Restaurant at Address, with themed private dining spaces such as The Living Room, The Dining Room and the Library.

We made our way to The Beach Grill for a spot of sunny lunch. Since we did not have a reservation, we were told there would be a wait time of around 40 minutes. This worked just fine for us since the glittering turquoise pool beckoned. A quick dip and a fruity beverage later, we were shown to our table out on the restaurant's deck, where we tucked into freshly baked bread to whet our appetites. My dining partner opted for a salad of buffalo mozzarella, heirloom tomato, pesto and a dash of vinegar; while I chose the tuna Niçoise of slightly seared tuna pieces over a salad of olives, green beans, ratte potatoes and eggs. For mains, we shared the shellfish risotto and New Zealand lamb chops. We recommend this spot for a light lunch.

Since we had quite a late lunch, we chose to make our dinner reservation



for 9:30pm, which turned out to be just right. Famished, we were shown to our tables out on the deck with marvellous views of the lit night sky. If you do get a chance, request a seat on the furthestmost deck that extends out ever so slightly and offers the best sweeping views of the beach. Before we even got there, we knew what we wanted to dine on and so we went right ahead and decided to indulge in a plate of Bacalhau (salted dried cod) with potato; and Camarao ao vinaigrette, a Brazilian shrimp cocktail dish with capsicum and a coriander sauce. The shrimp cocktail had a spice kick to it and paired well with the complimentary Brazilian cheese bread. For entrées, we ordered a coffee-rubbed beef fillet that was perfectly seasoned and cooked, it was without a doubt, the star dish of the evening. The second main was the Arroz preto Brasileiro com frutos do mar (black rice with mixed marinated seafood and parsley) - a comforting

meal that we enjoyed every last bite of. We chose to skip dessert as we were already quite stuffed. If you have a major sweet tooth, we advise you to plan your meal accordingly.

Being the weekend, we slept in and dined at The Restaurant for breakfast. As soon as we entered the homely concept, we took note of the breakfast buffet featuring a selection of freshly baked bread and croissants, cereals, fresh fruit, French toast, cold meats and fish, delectable cheeses, fresh dips, fried sausages and the list goes on. It's seriously impressive! Don't fill up on the spread, as you can also order your eggs à la carte. The eggs benedict with smoked salmon is one to try. Light, perfectly cooked and with just the right bite of smoked salmon. The eggs tartine was a delight as well, comprising perfectly seasoned avocado and poached eggs.

Something we noticed throughout our meals at the resort was the heaping

servings of fresh greens with each dish, which added not only colour but essential nutrients to each meal as well.

INSIDER TIP!

Just before sunset, guests can kick up a game of beach volleyball right in front of the resort. Join in before taking a stroll across the pedestrian bridge to Bluewaters Island, stopping along the way to catch the stunning sunset across the Marina and JBR skyline, and the Arabian Gulf as a backdrop.

THE VERDICT

Gorgeous views, exquisite amenities and a selection of food and beverage offerings, the resort is perfect for a lively, yet relaxed, beach break.

BOOK A STAY

Room rates start from AED1,000. Visit addresshotels.com/en/resorts/address-beach-resort.

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GIFT VOUCHER FROM SIMPLY KITCHEN WORTH AED500

Showcase your cooking skills with exquisite products from Simply Kitchen. From cookware and bakeware to exquisite dining set collections, Simply Kitchen features products that are both design-centric and efficient. With twelve locations in the UAE, the brand offers trending kitchenware and seasonal items from tableware, pans, utensils, food storage, and retro-inspired collections. One winner will get to shop at this specialty retailer.



A GIFT VOUCHER TO DINE AT SEÑOR PICO, WORTH AED500

Rooted in rich Californian history with delicious flavours from Mexico, Señor Pico serves memorable fusion fare and creative concoctions in an inviting casual atmosphere. Located on West Palm Beach, the signature centrepiece of the restaurant is a vibrant open kitchen with welcoming aromas of freshly cooked tortillas and a live Al Pastor rotisserie. One winner will receive a gift voucher to dine at this fun establishment on The Palm Jumeirah.



A RAMADAN THEMED MAGIC TEA BOX FROM FEEL GOOD TEA, WORTH AED500

Dubai-born homegrown tea specialist company, Feel Good Tea is giving one lucky tea-lover the perfect gift this Ramadan. The Ramadan tea box includes a variety of teas specially handpicked to celebrate the occasion with loved ones. Blends include strawberry cream Ceylon, passion fruit, mango fruit punch and more, all carefully packed into individual glass tubes. The winner will be able to enjoy teas from around the world and get a better understanding of the true meaning of a freshly brewed cup.



A MEAL AT BAB AL BAHR, AJMAN SARAY, A LUXURY COLLECTION RESORT, WORTH AED500

Escape the ordinary and embark on a chic coastal experience at the newly revamped - Bab Al Bahr. Renowned for their signature dishes that focus on meats and seafood, along with a wide selection of specially crafted beverages that perfectly complement each other, this casual-upscale culinary destination is bound to become a new favourite hotspot to socialise, relax and unwind in style. One lucky person will win a meal at Bab Al Bahr.



STAY AND DINE AT PARK REGIS KRIS KIN HOTEL, WORTH AED559

One person will receive a voucher for two at the Park Regis Kris Kin, to enjoy a relaxing stay at the hotel that connects guests to historical and modern Dubai. Take a well-deserved break in a spacious room and in the morning, a delightful breakfast awaits at Kris with a View on the 19th floor. Head over to Masala Bazaar for Indian cuisine, to The Grandstand for a selection of bites and beverages or to Kris Lounge for International cuisine with a picturesque view of the city.



A RELAXING AFTERNOON AT SWISSÔTEL AL GHURAIR, WORTH AED690

You and your partner will receive a voucher for a 60-minute relaxing massage with a day pass to the pool and gym, along with afternoon tea in Yasmin lounge. Situated in the heart of Dubai, Swissôtel Al Ghurair is a five-star, family-friendly hotel in Deira. The hotel offers exciting culinary experiences at their signature F&B outlets Liwan, an award-winning all-day dining venue and Yasmin Lounge. The property is also home to a luxurious spa, fitness centre, swimming pool, sauna and more.



ENJOY LUNCH OR DINNER FOR TWO AT BASTA, WORTH AED500

Make your way to this refined spot at the Renaissance Downtown Hotel to savour Italian cuisine family-style. Operating with the philosophy that life is too short for boring food, BASTA! fuses the food and feel of a Roman trattoria, Florentine steakhouse and Neapolitan pizzeria into one buzzing restaurant. You and a guest will get to dine at this eatery in Business Bay.



A MEAL AT FOGUEIRA RESTAURANT AND LOUNGE, WORTH AED500

Promising the true essence of native Brazil, popular rooftop spot, Fogueira Restaurant and Lounge welcomes diners to indulge in succulent and juicy, fresh-off-the-grill meats and veggies, along with a variety of creative concoctions. Located on the 35th floor of Delta Hotels by Marriott, the restaurant offers a stunning view of the Arabian Gulf and Dubai Marina, where you can choose between dining al fresco or inside the restaurant. One winner will receive a voucher to dine at this South-American restaurant.



To be in with a chance of winning these prizes, visit our competitions page on bbcgoodfoodme.com, or simply scan this QR code with your mobile to directly to the website.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.

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